



Welcome



Good Housekeeping's Editor, Lindsay, on what she's loving right now...

Streamlining

needn't mean

austerity!



Our crown jewel

This month, God willing, Her Majesty the Queen will become Britain's longest-serving Monarch, and our charming feature The Queen And I gives a glimpse into this public yet deeply private woman. Representing GH, I've been lucky enough to visit Buckingham Palace several times - most recently at a Press reception to mark the Diamond Jubilee. Even the most tabloid and/or republican newspaper editors stood in awe... And then suddenly there she was - a tiny figure but also the embodiment of one of the world's most familiar images. I have no recollection of what we said... But what stays with me is that she has the most beautiful complexion, like a peach. A very special moment.

SIMPLY PUT...

When Good Housekeeping launched in 1922 its first editor wrote: 'There must be time to think, to read, to enjoy life, to be young with the growing generation, to have time for their pleasures, to have leisure for one's own...'

and those aspirations remain as relevant today as they were then.

Good Housekeeping is a magazine for those of us who look for a simpler life, one in which

we can take time to live well and enjoy the things we hold most precious. And so to celebrate this ethos, in this issue we have a theme - Swelly for that we'll return to again and again. Whether that's by planning a month's midweek menus without fuss, streamlining your wardrobe, organising your home or working out how best you divide up the hours in your week, this September back-to-school issue is here to help. There is a saying from Confucius, 'Life is really simple, but we insist on making it complicated.' Let's start to make it less so...



distay

Lindsay Nicholson

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SUITS YOU! Like many of you, I've been following GH's Jackie Brown online

as she spent a month wearing only one outfit. You can see how she fared in our feature this month, but when she first suggested the experiment we thought it was crazy. Now I'm realising the brilliance of it – how much time could you reclaim if you eradicated the problem of what to wear each day? Inspired by Jackie, I've pared down my own office look. Well-cut black trousers/leggings and a loose tunic top do it for me. Throw over a statement jacket for important meetings and receptions. Done!



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GH magazine

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LAUNCHED IN 1922, GH AND ITS TEAM HAVE WON CONSISTENT PRAISE FOR EXCELLENCE IN JOURNALISM, DESIGN AND CAMPAIGNING. AWARDS INCLUDE: 2014 Red Carpet Award. 2013 Best Lifestyle/
Leisure News Site at the Online Media Awards; PPA New Consumer Journalist of the Year Award (highly commended) to Moya Sarner. 2012 Jasmine Soundbite Award; Red Carpet Award; Guild of Health
Writers Award runner-up. 2011 ACE Gold Award for Circulation Excellence by a Major Magazine; Excellence in Oncology Reporting Award. 2010 FPA Rosemary Goodchild Award for Excellence in Sexual Health
Journalism; Red Carpet Award. 2009 Jasmine Visual Award; Travel Press Award to David Wickers. 2007 BSME Mark Boxer Lifetime Achievement Award to Editor Lindsay Nicholson. 2006 PPA Consumer
Magazine of the Year. 2005 Race in the Media Consumer Magazine Award. 2004 Gold Medal at the Hampton Court Palace Flower Show for the Anaïs garden. 2003 Lifetime Achievement Award to
Editor Lindsay Nicholson from The Work-Life Balance Trust. 2002 Eagle Award for Editorial Innovation. 2001 The GH Organic Handbook named best organic cookbook, The Gourmand World Cookbook Awards.



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Your trust is important to us, which is why:

Every recipe is tested three times in the GHI kitchens.

Every product test bearing the GHI logo is carried out to the strict standards laid down by the Good Housekeeping Institute, our leading research centre.

Recommendations on our editorial pages are based on the impartial advice of our editors and expert contributors.

All health articles are checked for accuracy by the Good Housekeeping Health Watch team of health professionals. All prices are correct at time of going to press.

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What wisdom do you want to share with the next generation?

Don't rely on others to make you happy - it has to come from you

Whatever age or stage they are at, we never stop worrying about our children.

We asked vou to share the most important advice to carry them through...

BE HAPPY, HAVE FUN, BE KIND

to your body and heart. Your life is not over if you don't do well in your exams or you don't know what you want to do. It's never too late to start again.

Nicole Johnston

KNOW WHAT TO LET GO OF.

Holding grudges is a waste of energy when you could be having fun with people who are worth vour time.

Anna Flynn

YOU'RE IN CHARGE OF YOUR

OWN LIFE: don't let someone else dictate what you do with it. Samantha Green

EARNING YOUR OWN MONEY

will give you a sense of pride, but don't spend every penny. You'll appreciate it when you're older! Roberta Dowling

DON'T START SMOKING, even

if your friends are doing it and you think it looks cool. There will come a time when you are desperate to give up.

Catherine Wheeler

LIFE IS LONGER THAN YOU

THINK. Enjoy your first love, but

don't worry if it doesn't work out - you'll be wiser the next time round. Janine Tennyson

DON'T BE AFRAID TO MAKE

MISTAKES - you'll learn more from your failures than your successes. It's how you cope with them that matters.

Edith Thomas

FILL YOUR LIFE WITH THE THINGS YOU ENJOY, and don't

rely on other people to make you happy - it needs to come from you.

Henrietta Franklin

BE NICE TO YOUR PARENTS!

They won't always be around... Margaret Brown

\star STAR EMAIL 苯

I certainly found August's Inspiring Women piece (It All Started One Summer...) inspiring! I am 52 and have been toying with setting up my own company for some time, but thought it might be too late with my pension now firmly in the headlights. I realise after reading these stories that this is far from the case.

Cheryl Chilton

Are you brave enough to travel alone?

I've travelled alone many times, including tours round Asia. I really enjoy going solo.

Belen C. Hidalgo

I have done this for many years and I plan on doing more now I've raised five children it's time for me again. Mary Hughes

I love travelling on my own - no partner fussing or getting into a state! Pamela Smith

I did 30 years ago - it was more radical in those days! I met my husband on that trip, and we've now been married 28 years. I loved it and would do it again. Julie Steward

The best holiday I ever had was on my own in West Africa - it's got to be done!

Penny McGrigor 🔲

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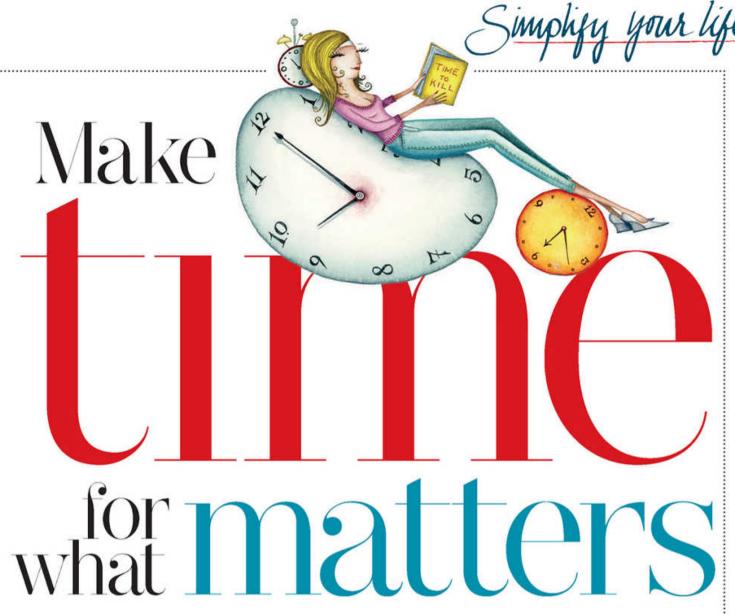
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FOR THE PERFECT AGE LOOK REJUVENATED IRRESISTIBLY RADIANT









Life is complex, our worlds are busy, and what often gets shoved to one side are the simple things that bring us the most pleasure. But it doesn't have to be that way. Why not give yourself a time makeover or discover fresh strategies on how to get things done? Good Housekeeping presents inspiration from some very busy women and the essential plan for a life well-lived...

'The time at our disposal each day is elastic: the passions we feel dilate it, those we inspire shrink it, and habit fills up the rest' MARCEL PROUST

Learn to say NO more often

Juggling motherhood with a career keeps actress and presenter Denise Van Outen very busy. But it hasn't stopped her finding time for a new hobby...

ecause of the nature of my job, work is sporadic, so having a routine isn't really possible. But I've found a system that works for me.

Every Sunday I sit down and plan the week ahead. The one thing I insist on is doing at least two school runs a week. My daughter, Betsy, is five, and I always drop her off at school on Monday mornings and pick her up on Friday afternoons. It's very important to me to be a present mum.

I'm lucky I have a really good relationship with Betsy's dad (musical theatre star Lee Mead), so we work it out between us. It helps that he's in the same profession as I am, so he gets it. Sometimes he may not be able to look after Betsy at a weekend if he has a concert, so we'll arrange for him to take her for a couple of days in the week instead. It's a juggling act, but I feel very fortunate to have such a great support network around me.

My priorities have changed since becoming a mother. I've had to slow down a lot. Crucially, I've learnt to say no to things. Before, I'd say yes to everything - I just wanted to be constantly busy and I thrived on it - but I've learnt that you can't do it all. I never regret turning work down. I think once you say no to something, then it's gone and it's time to move on to the next opportunity.

This Summer I'm starring in



'Never regret turning work down move on to the next thing'

a concert version of the musical Sweet Charity at Cadogan Hall in London, and I'm getting to grips with all the early starts and late nights that entails. Rehearsals are pretty intense, and when I'm doing a show I won't finish until 11pm, but I get such a buzz from it.

For me, flexibility is the key. Some weeks I'll be a lot busier than others. If I get a day at home, I use it to do things like sorting out all the paperwork that's piled up or

doing the washing. I'm not really one for pottering about!

But I do think it's important to make time for yourself, too. A year ago I took up golf. I'd just turned 40 and I really wanted to find a hobby, something that was just for me. It wouldn't be everyone's choice - I have friends who'd prefer to go for a manicure - but I love it. I play at least once a week, usually on a Saturday afternoon when Betsy's at her dad's. A lot of people think golf is boring, but it's really not,

it's a very social activity. You go out with a couple of mates, you chat, you exercise and it's outdoors. It really helps me switch off. And it's nice not to have to think about school uniforms or work for a few hours!

Having that downtime is so important to me. It stops me burning out. In some ways, I'm busier than I've ever been. But it's a different kind of busy -I'm busy looking after myself, my daughter, my friends... And I think I've got a good balance.



I believe you have to set aside half an hour a day just for yourself

She spends hours every week commuting between her home in Glasgow and the Newsnight studios in London, but Kirsty Wark always makes time for what matters to her...

verybody juggles nowadays. My life's very different from one week to the next, which is great, but that variety can make it difficult to plan. As I get older, I need to make sure my diary is clearly marked so I don't forget things. There aren't many things that irritate me, but I do find it annoying when logistics aren't worked out properly. Being organised is the key, and my wonderful PA helps me with that.

I always make sure I've allowed time for writing – I'm

working on my second novel, and I clear whole days for it. But of course when you're at home, there's always something else to do.

When I'm not working I get in as much tennis as I can. I adore the sport and it's very important to me. I play a couple of times a week, but always on a Sunday – come rain, hail or shine – just as long as it's not icy. Given the choice, I'd play every day. I also see a personal trainer once a week.

I strongly believe you have to set aside half an hour just for yourself every day. I'm not preaching because I know it can be difficult, but having that time to do anything you want to – like reading a book, or just to sit doing nothing – is really important for your sanity. Otherwise, you end up doing too much and not doing any of it properly.

I've also learnt you have to be passionate about something. It's easy to say, but I do try to keep learning stuff. My grandmother, mother and aunt were very good gardeners, and as time goes on I'm becoming more interested in growing things. I get such pleasure from watching the changes in the garden. A couple of weeks ago, I saw a goldfinch for the first time in Glasgow. I tweeted about it, and someone told me to put out nyier seeds for it. I did, and now I've got a whole family of goldfinches!

Although I'm very busy, I fit in extra bits and bobs that I want to do. It was great to be asked to host the Proms this year, and I'm also doing the Edinburgh Festival and the Manchester International Festival.

My husband, Alan, and I are both away a lot, so it's a bit like project management. You're making sure the wrong thing doesn't give - that the dogs don't end up on their own and that you're finding time to spend together. Our children are grown up now and live together in New York. We're going over there soon, and while it'll be lovely to see them, it's also great to know Alan and I will be together for a whole week. When we go for a walk our conversations can end up being a series of catch-ups, but that's just life!

'This is the moment you have for certain. I hope you aren't so wrapped up in nonessential stuff that you forget to really enjoy yourself — because this moment is about to be over. I hope you'll look back and remember today as the day you decided to make every one count, to relish each hour as if there would never be another' Oprah Winfrey, from What I Know For Sure

Exercise in the morning. I picked up this habit when my children were small. and my husband could be with them over breakfast. I know that I perform better when I am healthy, and a run in the morning is a good time to collect my thoughts on the day ahead' Professor Dame Sally Davies, **Chief Medical Officer** for England

.........



'Having that time is important for your sanity'

'I keep one day a week free of meetings, creating space for me to think, reflect and maintain focus on my top priorities. On that day, I send an update to my whole team, sharing my experiences of the past week. This helps the team to see the bigger picture and helps me to check that I have been doing the right things, prioritising the must-do engagements and saying no to those that are just nice to do' Liz Nicholl, UK Sport CEO

'If what you're doing really matters, turn off your digital life for a designated period, in the same way you would clear your kitchen of high-calorie foods if you were on a diet. Resistance is futile' Jean Gomes, Chairman of the Energy Project UK

Believe in the craft hormone!

When comedian Jenny Éclair isn't on tour or writing her latest novel, she enjoys time with her husband and a surprising new passion...

haven't had a routine for 35 years - I wouldn't be any good at keeping to one. When people ring me at 8.30am and I'm still in bed, I feel lucky that I don't have to get up early. But the flip side is that a lot of women my age are curled up on the sofa at 10pm, and I'm just going on stage.

As with all freelancers, it's feast or famine. Weeks go by when I am hideously busy, unwashed, ungroomed, and the house decays around me. I've just finished a month-long tour and wasn't at home for more than one night a week. At other times, I'm flapping around the house wondering what to do, then procrastination sets in and suddenly my cupboards get done.

I'm lucky that my performing and writing satisfy different needs. My novel-writing fulfils my need to sit down! I started writing Moving the day after I finished my Grumpy Old Women Live tour in June last year, and I sat down solidly for weeks on end. I'm quite disciplined about writing once I'm in my study at home, and I don't like writing anywhere else. My daughter's a writer, too, working in the room above mine, so we'll occasionally meet for a lunchtime chat.

After I've finished a tour, I'm just glad to get home and see my husband - I'd rather spend the evening with him than anyone else. We're the least romantic people in the world, but there's a lot of pleasure in



'There's a lot of pleasure in being with someone you like a lot'

being with someone you like a lot. Geoff and I go to an art gallery every week and we make time to go to the theatre once a month.

I'll sometimes go for a swim with a girlfriend, and I enjoy hobbies. I think I've started to secrete the craft hormone, which is an occupational hazard of being in your mid-50s. When you go off sex, you can only really get turned on in a Hobbycraft shop! I draw, I paint and I knit very badly - I'd like to master sketching and watercolouring. I can feel my blood pressure drop when I sketch and the roaring stops in my ears. I can't go to regular classes as I don't have a schedule, but I do iPad art, too, and draw in

the back of the tour bus.

You can't really go wrong with a good book and a nice bath they're at the top of my list. We have Netflix and love finding a good box set. And make sure you've got something delicious to eat. As long as you've got that, you can really cheer yourself up!

But I think the nicest thing to do is go to the best places, even if you can only afford to buy a cup of coffee. If you're in town and need some quiet time, go to a really posh hotel. You may only have a glass of tap water and snoop around the toilets, but put yourself somewhere lovely rather than horrible. The trick is to let yourself off the hook occasionally and stop beating yourself up.

Simplify your life

'The secret of modern life is to prioritise. Ask yourself what is the most important thing on your to-do list and focus on that. Then repeat and repeat, always one at a time. Remember. First Things First and Second Things Never' Shirley Conran, the original Superwoman

'There is no magic wand for getting stuff done - you just have to carve out time in your diary, make a list and plod through. The greatest gift we can teach young people is deferred gratification. Not to put things off or to procrastinate - just to get on and do it' Margaret McDonagh, Founder of Pipeline,

Nesting helps to ground you

Classical violinist Nicola Benedetti relishes downtime at home with her cellist boyfriend, and focuses on the simple pleasures when she's not touring the world

'm touring the UK in September, which means spending a lot of time in hotel rooms. I'm away from home for a huge proportion of the year, which can be disorientating. If I'm only back for two or three days, I don't even unpack my suitcase properly and it feels like living in limbo. So every few months I insist on having a decent period of time at home in London, so I can stay in and get organised without having to dash off to the airport again.

That's when I'm really diligent about things like cooking, cleaning and making sure things get mended. It may seem boring, but nesting is very important and helps me feel grounded and centred again.

The amount of time I spend

practising depends on my repertoire. If I have a vast number of notes to get through, then I'll play all day. There's no way you can survive as a solo violinist without a huge dose of self-discipline. It's up to you to manage your time and pace yourself, and avoid falling into slumps or bad habits, which can happen very easily when you have too much time to yourself.

As well as my Italy And The Four Seasons tour, I'm also working on music masterclasses with children. I'm an ambassador for Raymond Weil's Toccata watch, and they support lots of my educational activities.

My boyfriend Leonard [Elschenbroich] is a soloist, too, so weeks can go by without us seeing each other. But we also do quite a lot of concerts together.

which is a dream as we can share the experience. We chat non-stop because we have so much to share, and when we're at home we do normal things like going for walks and eating out.

I don't think you can have a healthy perspective or see your life clearly unless you allow yourself moments of respite, or do something you find to be cleansing or uplifting. I try to exercise regularly and do quite a bit of yoga. That's helped me hugely, because it's something that's focused and controlled yet nothing to do with music.

It's difficult to be consistent, but every little bit helps – and I believe it's still better to do something than nothing. Don't waste energy getting frustrated with yourself over things you haven't had time to do!



'Cooking and sorting out my home makes me feel centred again'



helping women reach the top



Now vourself

Hours are Laura Vanderkam's business - and she knows how to make them count. Author of the game-changing book I Know How She Does It, based on a study of the timetables of 1,001 successful women, she shares her three-step strategy for simplifying your life...

makeover

ur lives are lived in hours, and who we are as people is a result of how we spend them. We cannot have any grand conception of our lives without investing some time in making that happen. If you want to be a writer, you need to spend hours writing; if you want to be a present parent, you need to

spend hours being present as a parent; there's no way around it. And yet, most of us have no idea where the time goes and this used to include me. But not any more. If you are aware and honest with yourself, you can be more clear-eved in your decisions about how to spend the hours and minutes that make up your life. And the truth will set you free.

STEP ONE Get a grid

We have certain impressions of our lives that may not be true: studies show we tend to estimate we work more and sleep less than we do in reality. These misconceptions, when left unchallenged, can mean we miss out on the opportunity to do the things we love. The secret to seeing the truth about your relationship with time is to keep a log for one week.

You can open an Excel document on your computer, download a GH grid from goodhousekeeping.co.uk/ time-grid, or use a time-keeping app. The concept is simple: create a table with seven columns to represent one week, and divide each column into tiles representing half an hour. In each slot, write down how you spent that half hour - taken together, they make up the mosaic of your week. If you're at work, note when you're in a

meeting, looking at Facebook or sorting through your emails. If you're at home, note when you're doing the dishes, watching something rubbish on television or having dinner with your family. It's important to see where your time goes and how much time you can't account for because you have





Sumply your life

CONTINUED FROM PREVIOUS PAGE] no idea where it went.

Once you have your week-long mosaic in front of you, you need to understand what it means. This exercise is absolutely not about feeling quilty about how you spend your time. It's about acknowledging what you get right, and how you can do that more often. So when you've finished your time log, ask yourself three questions:

What do you like most about your life?

You may see that, despite having a busy life, you managed to have dinner with your family three nights in one week - it may feel like it never happens, but three is not never. The way your hours look is a result of the decisions you've made, and you have probably got at least a few of them right - so give yourself a pat on the back for that!

What do you want to see more of? Try to approach life by prioritising the things that are important and meaningful, and the rest will naturally take up less time.

What do you want to get off your plate? Which mosaic tiles make you feel angry or unhappy, and what can you change about those moments that will minimise their impact? Now you just need to put those answers into practice...

STEP TWO Paint your OWN MOSAIC

You are in control of where your time goes - and the next 168 hours (one week) are a blank canvas for you to paint however you wish. Yes, you have to follow through on responsibilities, but if there is something you truly do not like about how you are spending your time, you do have the power to change it. It may be a long-term goal, but it's something worth working for. These are the lessons I have learnt from interviewing hundreds of successful women and men about how they spend

The myth of I don't have enough time

I've learnt that when people say I don't have time, what they really mean is: it's not a priority. If you schedule the things you love to do first, as if they are work appointments, you will make time for them.

Make a want-to-do list We tend only to make lists of things we have to do, not the things we want to do. Your mosaic will show you that you do have leisure time, so have a want-to-do list to hand when you get 15 minutes free, and you won't fritter that time away on something that doesn't make you happy. Instead, you'll pick up a book, or give a friend a call, or go for a walk and smell the flowers.

You will never reach inbox = zero, and that's okay

Letting your inbox control

your day is like playing priority roulette - because what's at the top is not necessarily what's most important or urgent. Answering emails expands to fill however much time you give it, so work on big projects that matter first and be more judicious about the rest.

Be a rule-breaker Women love rules, and we like to be good girls. The notion that a mother should be with her family in the evening is a rule we have absorbed, and that's fine - but it's a good compromise to be with your family 90% of the evenings and do something different, like going for a drink with colleagues, for the other 10%. By giving up just three evenings a month, you are leaving the possibility open - and changing the image others have of you. You won't be written off as the kind of colleague who never goes for a drink after work, so you won't miss out on the unwritten, soft side of work, where you might hear about opportunities that don't get mentioned in the office. Don't talk yourself into false absolutes - breaking the rules may open doors.

The key to a better work-life balance? It's not what you think

Most of us tend to be dealing with things at home while we're at work, so we don't feel as focused as we could. Because of that, work and life both feel hairy. The dominant solution in our culture is to work less - but another solution is simply to be more focused at work. If household tasks weigh on your mind, give them to someone

else to do - just as you would hire a competent assistant to help manage your workload.

Think 168 hours, not 24 People say they don't have a job that allows them to take an hour-long lunch break every day, or they can't face setting their alarm for 5.30am every morning for a fast walk before work. But you don't have to. If you think in terms of 168 hours - a whole week - instead of 24, you can make it happen. Set your alarm for one hour earlier, one morning every week, and go for a swim. Take an hour-long lunch break, one day a week, and go for a fast walk around a local park. Make a deal with your partner to have one evening per week where you can go to the gym, and he stays with the kids - and you can do the same for him another evening. On Saturday mornings, take yourself off for a run. That's four sessions of exercise a week. Daily rituals sound impressive, but they're not the only way to make something happen in our lives.

STEP THREE Change the way you see your life

It's important to see your whole week so you can appreciate the beauty of your life. Yes, there are going to be stressful times, but your life will also have many wonderful moments. See the joyful moments and engineer your diary so you can make time for more of them. Whether we make conscious decisions or not, time will pass, and we have to be mindful of it if we want to spend it well. 🗖



'Alice: How long is forever? White Rabbit: Sometimes, just one second' Lewis Carroll, alice in wonderland





Life gives me a warm fuzzy feeling of hoppiness

From the most difficult of starts, Mary Portas has risen to become TV's Queen Of Shops and the saviour of charity stores throughout the land. But there's something else about Mary... and it begins and ends with her very special brand of family

PHOTOGRAPHY **NICKY JOHNSTON**INTERVIEW **JACKIE BROWN**

F YOU WERE HAVING A PARTY, Mary Portas is exactly who you would want to be there. She might come over as stern as she transforms failing businesses on TV, but in person she exudes warmth and a sense of fun. When she arrives at the GH shoot, dressed simply in slouchy denim, the first thing you notice is her energy, and her raucous laugh as she asks for the music to be turned up and dances around the studio.

At 55, Mary has clearly reached a very good place in her life. She's married to fashion journalist Melanie Rickey, and the couple are parents to son Horatio, who turns three this September. Mary balances being a mum to a young child with running her branding consultancy, her TV career and developing her chain of Mary's Living & Giving Shops, which support Save the Children. She is also a very supportive mum to her older children, Mylo, 21, and

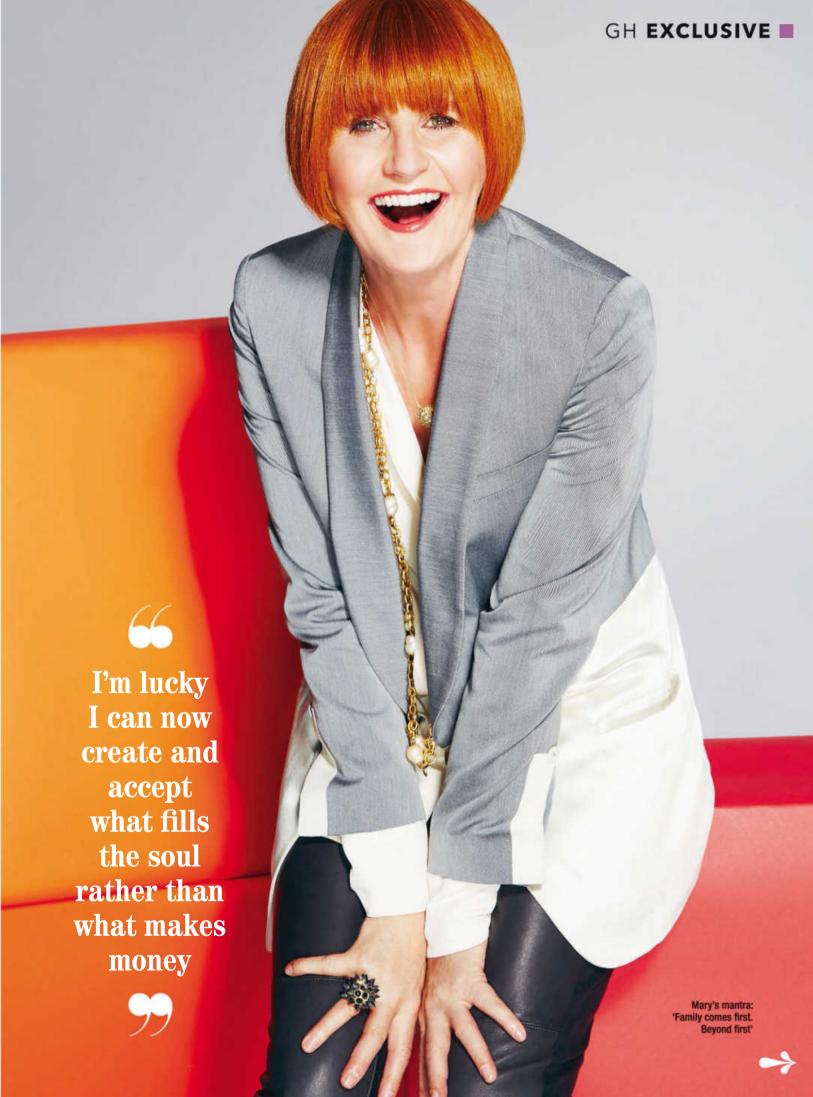
Verity, 19, with her former husband, Graeme Portas.

Her happy, busy home – buzzing with friends and family – is far removed from the loneliness and trauma she went through as a teenager, when both her parents died within two years and she found herself bringing up her younger brother, Lawrence. The siblings have remained very close, and earlier this year she revealed that Lawrence is Horatio's biological father, while Melanie is his mum.

So how does she make it all work? Mary talked to GH about finding inner contentment, coping with motherhood in her 50s and her secrets living a simpler life.

Just when your older children are at the stage of leaving home, you've started again with a young son. How's that been?

To be honest, I don't know which child is more high maintenance! The 19-year-old has come back from her gap year and is going off to university this Autumn. I spend so much time giving emotional and loving guidance... It's much more emotionally draining than the three-year-old! I was with some friends recently who were talking about going away now their kids have left home. It made me



[CONTINUED FROM PREVIOUS PAGE] wonder what it would be like if it was Mylo, Verity and me, and no Horatio. But that is just not who I am. My house is filled with people, and I like that.

Do you ever just want time for yourself? Sometimes I go, 'Time out, I am out of here for a while.' And I'll go away for a few days on my own, without family. I went to India to meditate recently, but I was rubbish! After

three days I was wondering what time the next flight home was. I just wanted to leave.

How does a typical day start? Do you get woken up by Horatio?

I am a lark – I was first up in the house even as a child - so it doesn't matter. Horatio is very good - he doesn't get up until 7am. I walk in the morning in Regent's Park or Hampstead, and that really clears my brain. I love walking. I used to do it as a run, but now I prefer my energy levels to be much calmer, and running for 25 years is not good for your body.

Do you feel you are busier than ever?

I have more in my life, but I think I balance

it better. I don't have to work for someone else and I set my own agenda. When I'm with the children, I don't want to be on the phone all the time. When Mylo is home from university, I make sure we have breakfast or dinner together, or have a day out. Family comes first. Beyond first. That is at the root of it.

Would you say you're a different parent to Horatio than you were to Mylo and Verity?

No! One day, for instance, Horatio was playing up, so he wasn't allowed to watch his favourite TV

programme - Bing! Mylo said to Mel: 'It's really important that he knows what the line is, because that's what Mum taught me and I'm really glad she did.' It's a really nice thing when your son can say that at 21.

So you're not more relaxed or indulgent?

I may be more relaxed because I'm not working for someone else and I don't



Out and about: Mary with her wife, Mel (above), and their son, Horatio, and Walter the dog (right). 'I am a gay woman, and I have a social responsibility to people who still feel they haven't got a voice'

> have to get on that train at 8.20 - it's pressure, answering to someone. In my life, I dance to my own tune. We all have a responsibility to be there and deliver at certain times, but I'm lucky that I can now make the decision to create and accept what fills the soul rather than what makes

What do you

For me, it is a

understands

grown-up women.

Isn't that great?

You feel like

you're having a

grown-up talk

with grown-up

like about GH?

money. That is the big thing: choice.

Do you think you and Melanie will have another child?

No. We have three - I think that's enough.

You mentioned it can be more challenging to parent older children in what way?

I remember I got on a flight to New York with a friend who is 80, and her 50-year-old daughter was on the phone to her about something she was going through. My friend said, 'They never stop being your children, you carry their pain.' It's true! It's much heavier emotionally to deal with daughters. I was quite glad I had another son. No offence to my daughter - who I

adore – but they are full on. It's all those emotions that young girls go through. From being accepted by their friends to how they look, there is a huge pressure on them that is not on boys. Girls are tough on each other. Then there are the exam years... I remember my son would keep coming down to look in the fridge and I would say, 'Mylo, are you going to settle down and do this?' Meanwhile Verity would be holed up, and you could feel the intensity. And there's the love and relationships stuff... But the minute you bring them into the world the love you feel never stops.

I remember soon after I had given birth to Mylo. My mother was dead but, as I bathed him, I knew how much she had loved me. It was an overwhelming visceral feeling of 'I will do anything for you'. It doesn't go away, does it?

In your memoir, Shop Girl, you wrote about your parents dying and being left penniless. You were so determined to succeed against the odds...

I don't know if I had a choice. If you lose a parent young, there are two camps you fall into: you either run to keep your world secure or you become a hedonist because it is too painful. I fell into the first camp. I'm not sure if my survival instinct really did my soul much good in those early years. I think I had forgotten about me and it was lonely. I ran on fear until I was about 40 – I finally realised I didn't have to be the one who is always driving the ship.

How did that change happen?

I discovered a book by Eckhart Tolle called A New Earth: Create A Better Life. I started reading some of his stuff and I just thought, 'Woah! That's the way the world should be!' The world is a big place, and it will feed you if you put a bit of energy into it. It will give back. That's what I started to do and I let

that fear go. Connecting on a much deeper level changes the way you are – it certainly changed me.

Your brother is Horatio's biological father. Do you feel this has brought you even closer?

When you suffer a parent's death you stick together like glue, so we were always close. The other thing is that I'm a gay woman, and I have some sort of social responsibility to people who still feel they haven't got a voice. I am a mother, I am a business woman, I have children, I have family, I just happen to live with another woman and she had a child who happens to be from my brother. The more I am able to normalise that, the better the world is going to be.

After your television show about charity shops, you started Mary's Living & Giving chain. Why is it so important to you?

The 18th shop opened in Hampstead a few months ago. All together, they've raised £7.5 million for Save The Children. When I think of what I've achieved, I get a warm fuzzy feeling of happiness. Ten years ago, charity shops seemed the last resort for high streets. I wanted to change that. I love the fact that we have created this extraordinary energy for everybody – the people who donate, the kids on the other side of the world, the community. Some people assume because you are successful you are a ballbreaker and I am so not.

You meditate and do yoga... are there any other ways you relax?

I love gardening. There's something really beautiful about putting your hands in the earth and getting them dirty. It makes me happy – that and sitting in the garden in the early evening and having a nice little glass of rosé. It is just the most joyful thing.

What are your guilty pleasures?

It has got to be French red wine. And I like great food... I don't ever diet.

Your memoir finishes with your first taste of success early on in your career. Will there be a second book?

Probably not. Sometimes in life, you get on the escalator because you think that's what you are meant to do. It's the same with TV. You have to decide whether you want to stay on or get off. I'm at a place where I want to do the right thing. I'm very aware where I place my energies. I wrote Shop Girl because I recognised what an extraordinary life we had, and I wanted to put a ribbon around the love I had for my mother. I don't feel the need to write any more.



Organised style

Mary's approach to simplifying her life and signature look

'We all have too much stuff, and that's stressful. Just let it go! Are you going to think on your death bed: "Oh, I gave away those Louboutin shoes!"? I really simplify my wardrobe. If I've not worn something in a year, then that means I don't really love it. There may be some brilliant, classic pieces with beautiful memories that I will keep for ever, but the rest of it? No. I will get a big bag together, ask my sister and mates what they want, and the rest goes to my Living & Giving Shop. My sentimentality is not about clothes. Under my bed are stacks of little things that make up our life's

journey, but \boldsymbol{I} am not sentimental about expensive stuff or clothes.

I can jump out of bed and dress in 10 minutes. I have about five great suits and great tailored jackets, and I probably have five types of jeans and a white shirt. That is my fallback. Once you get to 40, you have to know what suits you. Once you know that, it makes life so simple. Don't get caught up in the trends: choose one part statement, one part simple. So it might be a really simple trouser, and a statement bit of jewellery. And if you don't love something, get rid of it, as it is never going to make you feel great.'

The only way is UP

When shocking news changes your life on the spot, it can offer a chance to restart for the better, as these four courageous women have proved...



'LOSING MY JOB HAS MADE ME FEARLESS!'

After having her job snatched away from her, Leanna Williams realised she could help herself by helping others like her...

loved my job as a registrar. I registered births, deaths and marriages and felt so lucky to be connected to these moving occasions. So I was distraught when government cuts meant I was made redundant. Suddenly, it didn't matter how hard I'd worked – I felt completely powerless. My family was very supportive, but I felt lost.

I wanted to make sure this never happened again, which drove me to think about setting up my own business. I've always had an adventurous spirit, and it felt like this would allow me to take charge of my life. It was daunting, but less scary than having someone else dictating my fate.

I knew that if I was going to take all this risk, it had to be for something I was passionate about. I'd always loved lingerie. It has the power to make you feel like a different person. At 32G, I struggle to find my size in luxury stores. Frustrated, I realised I couldn't be the only woman with large breasts who wants to wear something truly beautiful.

I'd never been to fashion college, so it felt like I was

facing a huge wall. The scariest thing was not knowing what I didn't know! I took a couple of lingerie design courses and started researching. I found my pattern cutter, Catherine, and she introduced me to others who could help. It's a small industry, and if you're honest about needing advice, people are happy to help.

Harlow & Fox started trading in November 2013. I chose a name that felt like the products we were offering: traditional, elegant and sophisticated. A year later, I was sitting at the UK Lingerie Awards after being shortlisted for Full Bust Brand of the Year. I couldn't believe it when my name was announced as winner.

There are hard days, and I'm still learning from mistakes. But the more dead ends you go down, the closer you come to finding the right path. Being made redundant taught me not to fear failure. When I face problems now, I think: I got through that, so I can get through this.

I loved my old job, but there wasn't any further for it to go. Now, I'm doing something amazing every day. It's more than just work: it's the people I've met and seeing a product go from my vision to something worn by a real woman. I've learnt that as long as you're passionate, even if you don't end up where you plan to, it will be somewhere good.'

Leanna's advice: 'I keep a

Leanna's advice: 'I keep a notebook where I write down things I've achieved each day that I couldn't do before. It reminds me how far I've come.'



'I TELL MYSELF I'LL HAVE A GOOD DAY – AND THEN I DO'

Struggling to stay on top of her work, her charity and her husband's illness, Chrissie MacLellan finally accepted it wasn't selfish to look after herself too – and she's never been happier...

hree years after leaving the Army, my husband, Craig, started behaving strangely. He stayed in bed long after the alarm had gone off, and told me he didn't want to go to work. I thought it was just a phase, but his reluctance soon

reached a point where he refused to go out at all, saying he couldn't face seeing other people. Our GP signed him off with work-related stress.

My worries multiplied as he became nocturnal, taking our dogs for walks at night when the streets were empty. I was working as a manager at John Lewis, so we saw less and less of each other. Dismayed, I realised he was avoiding me, too. I'm a bubbly, outgoing woman, but my life started to shrink alongside his as we stopped socialising completely.

I knew Craig was struggling,

CONTINUED FROM PREVIOUS

Thankfully, and after a lot of hard work, Craig came home with a new sense of purpose and we decided to set up a charity to help other ex-servicemen benefit from the wonderful companionship and independence a well-trained dog can offer. With my bonus from John Lewis and a £7,000 grant from The National Lottery, Veterans With Dogs was created. We've since trained more than 60 dogs, and have run five residential courses.

I was so proud of our success, but the stress I'd endured coping with Craig's illness eventually caught up with me. For a while I felt lost and wanted to hide away, but I learnt how to manage my stress. I tell myself I'm going to have a good day, and then I do. I've done charity swims, been on holiday with my mum and taken myself off to see Dolly Parton in concert. I'm back in control – and happier than ever.' Chrissie's advice:

'A counsellor helped me realise I'd put so much energy into other people that I'd completely lost sight of my own needs. Now I won't worry about things I can't control, and I'm ruthless about setting aside time for myself.'

'LOSING EVERYTHING MADE ME CREATE SOMETHING NEW'

Her husband's revelation shocked Sally Curson to the core. But with skill and imagination she has fought back and forged her own success story...

rriving home after a hectic day at work, I slipped my key into the front door lock. It didn't open. I wiggled the key and tried again. The door remained steadfastly closed. Really worried, I was on the verge of calling the police, assuming we'd been burgled. But then to my surprise I spotted my husband watching me from his car, with our children in the back. The next few minutes ended our already fragile marriage as he confessed our home had been repossessed

because he hadn't paid the mortgage. The bailiffs had been in that afternoon.

I was completely stunned. I could scarcely believe he'd hidden such an appalling secret from me. Our finances – and our relationship – had been shaky since he'd left his job, and now his hidden debts had spiralled out of control. Knowing I'd never trust him again, I put the children into my car and drove away for good. So, aged 40, I was penniless as well as homeless. A close friend let us stay with her



[CONTINUED FROM
PREVIOUS PAGE]
temporarily, and I then
had to apply for benefits.
Feeling mortified and
humiliated, I feared life
would never get any better.

Then one day a local lavender company approached me. I'm a beauty therapist, and to my joy I was offered a room inside its shop to use as a salon - it was a wonderful chance to create my own space. I did a tabletop sale that raised enough cash to buy a treatment bed. Then I filled the room with flowers, candles and music and offered seasonal floral facials. I threw myself into the business, and having a new focus helped keep me sane.

The business was going so well that I started to devise my own facial oil. I thought I'd hit a brick wall when a chemist warned my product would never stabilise. But a supermarket bottle of oil and vinegar dressing gave me a flash of inspiration: it didn't matter if my elixir separated. All you had to do was give it a shake!

In the past 18 months my business Face Matters has gone from strength to strength. At the 2014 Pure Beauty Awards, we won Highly Commended for the Best New Beauty Brand. When I look back on the past few years I can hardly believe how much my life has changed. It has been incredibly hard work, but I'm so proud of having created it from nothing after facing the most challenging time of my life.' Sally's advice:

'Take action rather than wallowing as a victim. And let go of the small stuff – I don't worry about messy bedrooms now.'



'I'VE LEARNT TO LIVE IN THE HERE AND NOW'

Facing a bleak diagnosis, Florence Wilks decided to treat illness as a gift that could help her fully appreciate the wonderful things in her life...

ooking proudly round the top London art gallery, I was thrilled to see so many people eagerly bidding for the pieces on display. I'd contributed my own vibrant, abstract paintings and photographs, and family and friends had provided all the other artwork. By the end of the night, we had raised more than £10,000 in aid of Ovarian Cancer Action. After being diagnosed with ovarian cancer myself, it was a charity close to my heart.

It had taken two years to get that diagnosis, so it was already advanced. The initial shock was dreadful. I had a daughter of 16 and a son of 11, and doctors warned I had as little as six to 12 months left to live. My first big decision was easy - I took ill-health retirement from my stressful teaching job, and told myself it was time to change all my priorities and start living in the present, spending time with my family, and doing things I wanted to do. I'd had to work full-time when my children were young, so this was a major reversal - I'd be with them a lot more now they were in their teens.

Despite the bleak initial prognosis, I responded well to treatment. After two surgeries

and three courses of chemo, I felt positive and my test results were encouraging. Five years on from diagnosis, the whole experience has turned my life around. These days I paint and visit galleries. I've been on amazing holidays, learnt to meditate, and I play tennis, too.

My current treatment is going well. I'm so thankful to have had the opportunity to put my energy into fundraising, and to have this precious time with the family I love so much.'

Florence's advice:

'I look at cancer as a gift that's made me appreciate what I have, and helped me to live life in the here and now.'

JRE: JANE KEMP AND NATASHA LAVENDER. PHOTOGRAPHY: KATIE THOMPSON. HAIR AND MAKE-UP: LINDSEY E, CAROLINE PIASECKI. FLORENCE WEARS DRESS, ANTHROPOLOGIE. SHOES, AUTOGRAPHY AT MARKS & SPEN





ntil I played her on TV, it had never occurred to me that I looked anything like the Queen. But as soon as I put on the wig and bright red lipstick, I

was transformed. I looked in the mirror and an entirely different person stared back at me. I was suddenly in her shoes. And it had the strangest effect on the people around me, too. I'd walk into a room full of men and they'd instinctively stand up!

When I was offered the part in The Queen, it struck me how little we really know about the woman who has been our head of state for more than 60 years. Publicly she has always put her country first, and when we see her carrying out her Royal duties so uncomplainingly, we very much see the Queen she was brought up to be.

But I was intrigued to find out more about her. What was she really like in private? To help me get into the part, I studied archive footage to get a feel for her behaviour and mannerisms, and I was lucky that the period in her life I was playing in the 1970s

'She loves her children very much and wants to do her best by them'

In 2010 **Samantha Bond** played the Queen in a TV drama that focused on pivotal times in Her Majesty's life

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coincided with the first time the Royals had allowed cameras into Buckingham Palace. So there she was in glorious Technicolor, and it was fascinating to watch.

When you play the Queen you come away hugely in awe of her. What struck me most was that she was very much a mother as well as a monarch. People seem to imagine she was rather cold towards her children, but to me she is a woman for whom family is immensely important. She has four children she loves very much. She has seen them through problems and, like any mother, she wants to do her best by them.

Playing her made her so much more human to me. This is someone who clearly has a great sense of humour, which we rarely get to see – but the opening ceremony of London 2012, when she pretended to skydive with James Bond, changed all that. To give your permission for something like that, when you know the footage is going to go global, shows such spirit and an amazing sense of fun. And over the years we've been treated to some wonderfully candid moments. I'll never forget a glorious photo of her at the races, when her horse had just won, and suddenly she threw her head back and let out this magnificent laugh. A photographer was lucky enough to capture it, and in that moment I thought, 'Now that's a woman I'd like to know!'

And that's the thing. What I've come to realise is that the Queen is a woman – just like the rest of us – but one who has had to take on this phenomenal responsibility. She's the head of our nation but she's also the indomitable matriarch of a unique family.

'The Queen is human, she must get fed up – but she never shows it'

Top beauty and fashion photographer **John Swannell**, who shoots many of GH's cover stars, is a favoured choice for portraits of Her Majesty



Ve photographed the Queen four or five times over the years, but it always comes as a surprise when I get the phone call. The last time was to mark the Diamond

Jubilee, and was the biggest call of all. When I asked how many other photographers would be doing it, I was told no one else, she just wants you to do it. That was the biggest high, I think – I felt 100%.

I don't tend to feel pressure so much: everyone at the Palace is so helpful and amenable. In the early days I was too nervous to ask for anything, but now I ask for everything and I can request where to take the pictures. When I turn up for the shoot, her hair and make-up are done and the dress has been chosen. They will tell me what the dress is like if I ask in advance.

The Queen is the most photographed

person in the world – no one else comes close. It is hard to imagine that. You'd think she'd get fed up when she's told she has another photo shoot in her schedule. She probably does because she is human – but she never shows it. She comes in, she is enthusiastic, she wants it to be good, she wants you to be happy. She always thanks you for giving up your day to do the pictures – she never takes you for granted.

There are limitations and I know what they are. The first time I photographed her I tried to ask her to smile and I was tapped on the shoulder and told 'Her Majesty doesn't smile on cue'. I learnt my lesson. Now I just chat away about the picture.

For the Jubilee pictures, I asked to use the room behind the balcony where they often stand. It is called the Chinese Room and it is a really good room for pictures. You see the Victoria Memorial outside, and we had a blue sky, which was very lucky.



Sometimes it is luck and other times you manage to get it by the skin of your teeth.

What was so wonderful was that after the shoot – because it was perfect – they brought out a bottle of Champagne and we all had a glass. The Queen had gone, but they brought it out to celebrate her Jubilee. It was just a lovely moment. Standing in the Chinese Room having a glass of Champagne, we toasted Her Majesty.

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'She's very funny, very natural and obviously a great conversationalist'

Her performances for Her Majesty have been glittering affairs in front of thousands, but Katherine Jenkins' best Roval moment was far more intimate



y favourite standout moment has to be when I sang the National Anthem at the Epsom Derby during the Diamond Jubilee. I didn't

realise Her Majesty was going to be so close to me - she was just a few feet away! There I was, standing on the racecourse singing God Save The Queen in front of

this huge crowd, and I remember thinking, 'I'll never forget this honour'.

I've been introduced to her a few times, but I got a real insight when I went to a lunch at Buckingham Palace a few years ago. It was an amazing event, there were only about eight of us with the Queen and the Duke of Edinburgh. I found her to be very funny and very natural and obviously a great conversationalist. These are things that maybe you don't always think about

when you see the Queen at official events. But having had the chance to sit and have lunch with her, I thought she was fantastic.

It was one of those pinch-yourself lunches - I couldn't quite believe that I had been invited. She was sharing funny stories about everything from her dogs to current affairs. Even though we were in a formal setting, it had a lovely feeling about it as well. It was very natural.

Now I've been asked to sing at her 90th birthday celebrations next year, which is a huge honour. I've performed for her quite a few times, but I can honestly say you never get used to it! You never feel blasé. If anyone says they do, I think they're lying!

It's fair to say I am a huge fan. I just think she has an amazing energy and she seems to have this incredible dedication and work ethic, too. I think she is fantastic.

'She is one of the most remarkable people of our time'

Former spin doctor Alastair Campbell discovered a new respect for the Queen at the time of her lowest ebb...



hen I first mapped out my most recent book, the Queen did not figure in my plans. This was to be a book on winners in sport, politics

and business. But once the research was done, as I surveyed the qualities needed of winners, a penny dropped: the Queen ticked all the boxes. Strategy. Leadership. The ability to build and inspire a team, to adapt to change as well as make change. Resilience. Enduring crises and emerging stronger.

Including the Queen as a very British winner was all the more surprising, as I'm a lifelong republican. I still see the monarchy as the peak of a class system that holds Britain back. Yet I also see the Queen as one of the most remarkable people of our times.

One of my most vivid memories of her was at Windsor Castle when she hosted a reception for the media. It was comical to see hardened hacks reduced to simpering, sycophantic nodding dogs as she worked the room with her favoured small talk introduction, 'Have you come far?'

The Windsor fire was what one of her courtiers described to me as the lowest point in her reign. It came during a string of family divorces and scandals in her 'annus horribilis', 1992. Her team began to wonder if the Monarchy had had its day.

Yet thanks chiefly to her, the institution is as strong and as popular as it has been in decades. Politics, business, media, Church have all fallen in esteem, as she has risen.

Of course, it was an apparent misreading of the mood after Diana's death, as the family stayed in Balmoral and initially didn't lower the flag at Buckingham Palace, that led to possibly the most difficult week of her reign. Tony Blair was asked to help the Palace with the preparation of the funeral, and I was seconded to the planning meetings. As the week wore on, as the crowds and mountains of flowers grew, so did the mood of ugliness. But I think the moment when the crisis started to subside was when the Queen finally came from Balmoral, and spoke to the crowds mingling outside the Palace. You could literally feel the pressure in them subside.

Perhaps the most extreme example of this policy of continuity and change was the opening ceremony of the London 2012 Olympics. When the organisers first mooted the idea that the Queen and James Bond actor Daniel Craig do a spoof skydive into the event, they assumed the best they

could hope for was her permission to use a lookalike for scenes at Buckingham Palace.

But it fitted the Royal strategy perfectly. Her instincts gave it the go-ahead. It was an extraordinarily modern thing to do. Yet the film was packed with tradition, with minor roles for the corgis and so on, alongside more modern elements, like the London Eye. And if you look carefully at how she plays her role, there is no acting. She remains the Queen. She just is.

While I was writing Winners, one of her team said to me: 'I know you're against the whole hereditary principle, but let me tell you why it works with the monarchy. It is about humility. You and I, or anyone else who gets anywhere in life, we get there on some kind of merit. The Queen and the Prince of Wales are not in doubt that they did nothing, nothing at all, to deserve to be where they are. They were just plonked there. They are accidents of birth. There was no interview, no selection panel. And that has made them very humble about those positions, and very focused about doing the right thing, and disciplined about duty. I do not believe people want a communism of wealth or lifestyle - they like her riding to the opening of Parliament in a gold coach, or driving to a hospital in a Rolls-Royce. But people do want a communism of humanity. She has always understood that instinctively.'

I have never before lumped communism and the Queen in the same thought, but he may well have a point. Whatever way you look at it, she has outlived communism, and seen off republicanism, too. She is a very special, and very British, winner.



THE GH REPOR'

guestion

Should there be a law that says a woman who has been drinking heavily is incapable of agreeing to have sex? The top legal minds think so, as does Dame Jenni Murray of Woman's Hour. In this brave and honest article, she recalls an experience that many women have had when a man refuses to take no for an answer...

arely a week goes by without a new discussion about a rape case in the headlines, and the question of consent, now enshrined in law, is raised again and again.

Was it rape when a couple went to bed consensually, but she said he must not ejaculate inside her and he did? Is a footballer guilty of rape if he followed on from a mate without asking? The answer is yes, according to the courts - but it seems to have come as a bit of a shock to a lot of young men (and some not so young). It appears many still have not quite grasped what consent actually means. It's time they did.

I don't think I ever heard the word 'consent' in relation to rape when I was growing up. It was the Sixties, when sex was supposed to have been invented, but sex education was restricted in my case to a teacher of religious education explaining, in pitiful embarrassment, what was meant by adultery. At home the advice was to keep your knees together, never be out alone, and if a boy tried it on, to just say 'No.' I'm not sure I really understood what trying it on meant, and the only reference to rape that I recall was in connection to Vikings and pillage.

So it's perhaps not surprising that when I arrived at university, went on the Pill (as we all did), became a liberated young woman and learnt that No Means No - I assumed

that was the way it would work. It didn't.

I had too much to drink and was left behind by friends at a party. He was older and much more powerful, and didn't take no for an answer. I put it down to experience, became much more careful about alcohol and much less trusting - but it never occurred to me to report him to the police. I wasn't entirely sure a crime had been committed, and knew instinctively that I would get the blame. Skirt too short, too much wine consumed and not a virgin... Not a chance!

And that's the way it was, until the women's movement began to reveal the extent of women's experiences of rape and the limitations of the law that covered it.

Historically, rape was perceived not as a crime against a woman, but against the man who owned her - her father or her husband. The legal definition of rape was 'the carnal knowledge of a woman by force and against her will'. A woman was expected to have an impeccable sexual history, to demonstrate that she had resisted no matter what the consequences might have been - bruises were generally assumed to help her case and then she had to deal with what's known as the corroboration warning. In a crime where there are no witnesses apart from the two people involved (it's her word against his), judges had to warn juries that women and children have a tendency to lie about

such matters.

This was only amended in 1994. when it was left to the judge to decide whether a

woman's sexual history should be taken into account, whether to issue a warning, and for rape within marriage to be accepted as a crime. It was a major advance.

It was during this period that I had two sons, entering their teenage years at a time when lads' mags and ladettes were central to popular culture. We spent a lot of time discussing whether it was okay to put pictures of scantily-dressed women on the bedroom wall and whether it was okay for girls to get as drunk as boys.

Their grandma thought it was disgusting - I had to argue it as a question of equality, pointing to the fact that you put yourself at risk by being inebriated whether you were a boy or a girl. As far as the pictures went, I agreed that it could be done - I didn't want them to see an interest in sex as something dirty - but pointed out that every time I entered their room there'd be a lecture on the exploitation of women and how sex should be a shared and agreed to pleasurable experience - never a question of one forcing himself upon an unwilling or incapable other. It seems vital to me that



that no meant no, but it didn't'



THE GH REPORT

Of the 97.000 estimated cases of rape or assault in 2013, only around 15,000 were reported. Of these, just over 1,000 resulted in a conviction*

[CONTINUED FROM PREVIOUS PAGE] young people get the message early from home and at school that sexual violence is a crime.

It was only in 2003 that the word consent became central to the prosecution of the crime of rape. It had to be proved that the 'victim does not consent to the act' and 'that the accused did not have a reasonable belief that she consented'. It seemed to cause some confusion, with endless, generally male, journalists making fun of the new guidance. 'What's a man to do?' they asked, 'Get a signed consent form before lovemaking, proving she'd agreed to go ahead?'

What nonsense. In 2015, the director of public prosecutions, Alison Saunders, issued her explanation of the responsibilities of police and prosecutors in preparing a case. 'It's time,' she told me, 'for the legal system to move beyond No Means No and recognise a situation where women may not have been able to give consent. She should not be blamed by society if she was too drunk to consent to sex or if she froze and said nothing because she was afraid of her attacker. There should be greater onus on suspects demonstrating how a complainant consented with the full capacity and freedom to do so.'

And that's the message we need to pass on to young people, male and female - as

TEA OR ME?

What follows is probably the best riposte I've ever heard to those who still struggle to understand the principle of consent:

If you offer tea and the person says they'd love one, it's clear: they'd like a cup of tea. If they um and ah, you might make the tea but, if they don't drink it, you don't force it down their throat. If they say no thanks, you don't make the tea. Even if they say yes please, but then change their mind and don't drink it, again you don't force it. If they're unconscious you don't offer tea and, even if you've made it and they pass out before they finish it, you take the tea away and make sure they're safe, because unconscious people don't drink tea.

The allegory is from a journalist called Emmeline May, partly in response to the glorification of a lack of consent in Fifty Shades Of Grey. It's been doing the rounds since the film's release but it's still worth repeating. Emmeline concluded: 'Whether it's tea or sex. Consent is everything.

they're doing in compulsory sexual consent workshops for freshers at some universities, such as Oxford and Cambridge, and certain football clubs. The young men and women are taught that some of the language in common parlance is unacceptable: 'Beat her',

Changes in law

Act identifies when intercourse with a woman is rape, including if she's been overpowered with substances, or is under 13. But it's not rape if she's his wife. 1991 Rape in marriage

becomes a crime for the first time in Britain.

2003 Sexual Offences Act requires the prosecution to prove the victim does not consent to having sex.

2007 The Court of Appeal rules intercourse is rape if a woman has temporarily lost her capacity to consent to sex and the defendant knows this. 2012 Footballer Ched Evans is jailed for raping a 19-yearold woman in a hotel room, after she testifies she was too drunk to remember consenting.

JUNE 2015 The number of rape cases reaching court continues to decrease. Leading lawyer Dame Elish Angiolini recommends changes to the law, suggesting if someone is too intoxicated to consent, sex with them is rape.

meaning to have sex, or 'Roasting', where two or more males perform on one woman at the same time, for example. But the main object of all these courses, following the famous footballing cases and research done by the NUS showing one in four students had experienced unwanted advances including catcalling, groping and assault, is to make clear what the law says about consent.

Meanwhile, the NUS is piloting its own campaign in 20 universities and colleges, known as I Heart Consent, to tackle 'the myths, misunderstandings and problematic perspectives about rape and harassment'.

It's a welcome preventative strategy for young people on the verge of adulthood, but it needs to be extended to schools as well. Girls and boys need to know that heavy drinking may make you act out of character or incapable of making a wise decision.

We're making moves in the right direction, but we need to ensure that everyone understands that, whatever she wore, whatever she drank, however irresponsible she appears to have been, she did not ask to be raped. The fault, in the final analysis, lies entirely with the attacker who fails to establish consent.

FACING THE FACTS

Why is consent so important legally?

It's vital, because sex without consent is rape. You consent to sex if you agree by choice, with the freedom and capacity to make that choice.

Sounds straightforward enough...

Not really. As things stand, a woman whose ability to give consent is affected by drink or drugs is only fully protected by law if those things were administered without her consent - date-rape drugs slipped covertly into a drink, for example.

So if a woman chooses to drink or take drugs that leave her incapacitated, sex with her isn't rape?

It will be up to the jury to decide whether she had lost her capacity to consent to sex. This may boil down to evidence from friends or witnesses, such as taxi drivers.

Surely it's fair for a jury to decide?

Not if jury members think a woman getting drunk is 'asking for it'. In one poll, a quarter of respondents believed a drunken woman is partly or entirely to blame if she is raped.

Is there a push to change the law?

Yes. An independent report commissioned by Scotland Yard and the CPS from Dame Elish Angiolini recommends a change to the consent law, stating if someone is too intoxicated to consent, sex with them is rape. Dame Elish also suggests blood tests to indicate whether a woman was too drunk to consent. This would mean a rapist could no longer plead he reasonably believed he had his victim's consent.



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Walking in my father's footsteps

September is the month when writer Mandy Appleyard always set off on a great annual walk with her beloved father. But this year, sadly, he won't be at her side. Mandy reflects on the beautiful routes they took together, and the gift that means she'll always have a link to him

ot long before my dad became seriously ill, he gave me the little compass he had always used on our walks together. It's the same one he had taught me to read years earlier, and is very precious to me. I was unspeakably touched when he passed it on. I also realised, with sadness, that Dad bequeathing me his compass probably meant he knew he wouldn't be hiking again.

I have many lovely memories of my late father – tucking into giant Sunday roasts and sponge pudding, crafting things in his tool shed – but the memories I cherish most are of the long walks we shared. That's when we saw Britain at its most beautiful, nature at its most vivid, and I saw my father at his best. In late Summer, he and I would sit down with a map and start planning a long-distance walk to do together in the Autumn. We'd decide on a route, then I'd take care of booking accommodation ready for the big day in September when we laced up our walking boots and hit the trail.

My father was in many ways an unknowable man – diffident and closed off, and not given to great shows of emotion. He always seemed distant and a little disengaged when I was a child, and he was often absent. He worked long shifts as an engineer at the local power station, and spent much of his spare time alone, rebuilding vintage British motorbikes in his garage. I left home when I was 18 and lived away for

My father's daughter:
'I saw his generosity
and gentleness, and
I think he saw a
different side of me,
too,' says Mandy

'Giving me his compass meant he knew he wouldn't be hiking again'

about 20 years, sometimes overseas, so I didn't spend much time with him in those two decades. It was much later in his life and mine, through the love of walking that I inherited from him, that I felt I got to know more of my father, and he of me.

Dad was a lifelong walker with a passion for wildlife and the outdoors. One of the highlights of his life was completing the 192-mile Coast to Coast walk across the north of England with a friend and the family dog when he was 48. But Dad was well into his 70s when we tackled our most ambitious walks, and he did so with the quiet stoicism for which I loved him. We walked the Wolds Way (79 miles), the Cleveland Way (109 miles) and the Herriott Way (52 miles), all in Yorkshire, in the final years of Dad's good health. And what fun we had.

He would share small confidences, and open up a little along the way. He reminisced about his days as an engineer in the Merchant Navy, when he visited Australia and New Zealand, the Caribbean and South America, and sailed through the Panama and Suez canals. He suffered terrible seasickness, and

3 🔷

'On our walks, I saw Britain at its most beautiful, nature at its most vivid, and Dad at his best'

[CONTINUED FROM PREVIOUS PAGE] told me he ate virtually nothing on a rough, six-week passage back to England from Australia. After docking in Kent, he dived into the nearest café to order egg and chips. He ordered it again and again, devouring the same meal five times over until, finally, he felt full. He laughed a lot, my dad, and he made me laugh.

There were easy silences (especially on the long uphills), but also exchanges of view on the government of the day, global warming, and the merits of the different actors who'd played Doctor Who. A lot of it was small stuff, but it was stuff that didn't normally happen between Dad and me. When we were together as a family, he was always the quietest of us, often complaining that he couldn't get a word in edgeways. He was easily overshadowed by the loquacious, spirited, opinionated women who constitute my family. My mum is a chatty, open-hearted, uninhibited woman - warm, with lots to say, and given to wearing her heart on her sleeve. But she wasn't interested in long-distance walking - she'd rather be at home, baking scones or pottering in the garden. So on our walks, my dad was in his element: a peaceful place, quiet physical endeavour, the heart of nature.

I realised how much he lacked confidence in himself, but also how sociable he was. When we popped into a pub for a pint, he was chatty and effusive – a side of him I hadn't seen before. Seeing him relate to the strangers we met on our walks – fellow hikers, B&B proprietors, walking guides, the old lady in the village post office – made me realise how kind he was. When we sat down with a bottle of wine in the evenings and reflected on our day, I saw my father's generosity and gentleness. Unlike me, he always saw the good in people, and invariably won their affection with his unassuming wisdom and bone-dry wit. I think he probably saw a different side of me, too: determined, contemplative and resourceful.

I'm a townie, and loved that my wise dad could answer all my questions about bird migration, the geology of the land, cloud formation and the rhythms of nature. He taught me how to read an Ordnance Survey map and use his compass – skills that sadly failed us both on our last walk together in the Yorkshire Dales.

We took a wrong turn somehow and



ABOVE 'Dad was well into his 70s when we tackled our most ambitious walks,' says Mandy, seen here with her father on the Wolds Way trail

ended up on an unplanned 18-mile detour, shinning down a steep embankment in the dead of night and arriving in pitch-black in the village of Keld just seconds before our B&B landlady scrambled the mountain rescue team to come and find us.

My father was freezing cold and badly shaken by what we'd been through – we'd walked 28 miles

that day – so I poured him a whisky and ran him a hot bath, feeling guilty for all that had gone wrong.

We walked for half the following day, but felt tired and dispirited after the events of the day before. We agreed to cut our walk short, pledging to return the following year to finish the eight miles we had missed.

Sadly, we never made it back. I understood on that last walk that Dad was failing. His memory was poor, he didn't seem able to read a map any more, and he was often confused. He was diagnosed with dementia shortly afterwards, then prostate cancer, then vascular failure. Emergency surgery on a burst aneurysm in his leg in the Summer of 2013 left him virtually unable to walk. He went from healthy septuagenarian to a shadow of his former

self in what seemed like the blink of an eye.

This must have caused him great sadness, but the dementia blunted his understanding of what was happening, perhaps for the best. I'd made photo albums of our walks and often flicked through them with Dad, hoping to spark happy memories. He looked at the pictures, sometimes remembering, sometimes not.

In Dad's dying days, I took a break from walking. I just didn't feel the desire to do it. But as he approached the end, I suggested to my partner, Matt, that we do the 78-mile Dales Way walk through Yorkshire and Cumbria in Dad's memory. It seemed fitting, since if Dad hadn't fallen ill, this was the next long-distance walk we would have done together.

Dad died in March last year at the age of 78. Matt and I set off the morning after his funeral: we walked sometimes in sadness and sometimes in celebration of my father's life. It felt wrong that he wasn't with us, but right to be doing something he would have loved.

Walking with my dad is just a memory now. I treasure the pictures in my head of the times we shared, and the photograph albums I made as mementoes of the miles we trekked. I inherited many things from him; his sense of adventure, his gregarious nature and his chin among them. But the things I cherish most that he gave me are a love of walking, and the compass that showed us the way. When I hold it in my hand and set off on a new trek, life seems okay again, and I feel reconnected with the dad I lost, but who is forever in my heart.'



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GOOD LIFE

THIS MONTH WITH Cerus Matthews

When she's not singing, presenting her BBC Radio 6 show, writing or reporting for The One Show, Cervs hopes to find time for...



FII M THE FLASH

This film, with Meryl Streep playing an ageing rock star trying to build bridges with her family, looks right up my street. Meryl's great in everything she does, and I've heard she's really down to earth. This could be a cool, funny film, rather like Meet The Fockers.



Mervl Streep on sparkling form as rock star Ricki

THE GREAT BRITISH **BAKE OFF, BBC1**

I'm more of a barbecuer than a baker – I tend to go off grid a bit too easily, and you can't really do that with baking or you have disastrous results. But I do appreciate the contestants' baking skills. There's something very wholesome about the Bake Off - you can watch it and be nostalgic, and people find that relaxing.



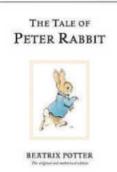
THE TRIALS OF JIMMY ROSE, ITV

This drama stars Amanda Redman as the wife of an armed robber, played by Ray Winstone. We used to look to films for cutting-edge actors and scripts where every character is flawed none all good or all bad. But now films can't afford to take risks it's TV shows that are pushing the envelope.

EXHIBITIONS

ANIMAL TALES AT THE BRITISH LIBRARY

This exhibition is all about animals in literature. It's a massive topic - imagine all the animals we know from novels, books and poetry - but the BL always does things so well. I love libraries, I love old stories and I love animals, so this is perfect for me.



Another outing for everyone's favourite naughty little rabbit

.......

GEMMA BOVERY

Starring Gemma Arterton, this modern version of Flaubert's Madame Bovary is true escapism and will be curious to watch. She's a strange character who likes to flounce out of her troubles by spending money. I think the world needs more of these adaptations of great literature.

45 YEARS

I'm really interested in this film – it sounds very intense. Charlotte Rampling plays a woman whose marriage is shaken to the core when the body of her husband's first love is discovered in the glaciers of the Swiss Alps after having lain there for decades.

THEATRE

THE BARBICAN

I'm a huge Benedict Cumberbatch fan, and I imagine he'll be brilliant as Hamlet. I'm vice president of the Hay Festival, and I saw him there a few years ago - crowds of people buzzed round him, wanting to talk.



Prince of Denmark and our hearts

ROBERT MAPPLETHORPE

We're all photographers these days, so it's always interesting to see shots from a time when not everyone was taking photos. Aberystwyth Arts Centre hosts this exhibition of one of the key artists from the 20th century. Mapplethorpe's work is about the curves and shininess of the body. He's fascinating and has an eye for a great picture.

EVENTS

THE BIG FEASTIVAL 28-30 AUGUST

Jamie Oliver is behind this foodie festival at the Cotswolds farm of Blur bass player Alex James. I'm grateful to Jamie for everything he's doing to educate us about food and having affordable choices.

Alex and Jamie, eating for England



THE GOOD LIFE EXPERIENCE 18-20 SEPTEMBER I

It's the second year I've been involved with this festival, near Chester. We want to give people the chance to try new skills and experiences. There are activities like abseiling and woodcarving, excellent music, brilliant chefs and authors, all with a big dollop of the great outdoors. This year there's a Cuban twist, with hand-rolled cigars and dance lessons. Later, you can try out new moves around our huge camp fire.



Our Honey Treasures collection for damaged hair that feels *strengthened* and *restored*.



Britain's favourite money guru, Martin Lewis, who founded the MoneySavingExpert website, shares his top money moves, how he unwinds and why success isn't everything...

uccess takes four things:
talent, focus, hard work and good
luck. Home in on what you're good at,
then absolutely go for it. Be prepared
to work hard. I work between 50 and
80 hours a week; most people work 40.
If you really want to be successful – and
you must decide you really do – you have to put the
hours in. A lot of people prefer to have a good
work-life balance, and there's nothing wrong with that.

Everyone makes mistakes. Of course I've made money mistakes – I'm a human being! I've bought things I didn't like, and occasionally I've bought things on impulse. I try to learn from it.

It's not about being tight, it's about getting good value. I'm fortunate enough to be a wealthy man now, but if something is available from Poundland, why wouldn't I pay as little as possible for it? My wife and I like to have a nice life but even when we stay in a five-star hotel I always check we're getting it at the cheapest price. Having said that, I'm a typical bloke – I wanted a very big TV, so I got one!

Every one of us could be saving more money. If you're with one of the 'big six' gas and electricity suppliers on a standard tariff, switching is a no-brainer. You could save more than £250 a year. Installing a water meter could make a big difference, too. If your home has more bedrooms than people, and you live in England or Wales, use the water calculator at ccwater.org.uk to see if you'd make a saving – I've even seen people save up to £700 a year.

Find what helps you unwind. I'm not great at relaxing, but thankfully I have two wonderful women in my life who help me. I love playing Scrabble with my wife (TV presenter Lara Lewington). We've got into competitive crosswords, too. You each have 10 minutes to fill in as many answers as possible and get double points for any

For the record

Martin dabbled as a stand-up comic in his 20s

After working at the BBC as a business journalist, he left to present a show on digital TV where he developed his MoneySavingExpert persona

He was the UK's most Googled man in 2013

Martin sold his website in 2012 for £40 million – he donated £10 million from the sale to charity clues that the other one missed. The second woman in my life is my ridiculously cute little daughter. She's two and a half and there's nothing better than making her laugh.

My best financial decision was in February 2003. I paid a guy in Uzbekistan about £80 to build a website for me - moneysavingexpert. com - it turned out to be quite a good investment!

Don't eat biscuits in bed! That's the best piece of advice I've ever been given. Crumbs are terrible for a relationship.

Think before you buy. Ask yourself: Do I need it? Can I afford it? Can I buy it cheaper anywhere else?

Loyalty doesn't pay. Not when it comes to money. None of the banks at the top of the table do more than one good financial product, so having two accounts or cards from one company means you're not necessarily doing the best with your cash.

My weakness is spending on my little girl. I'm in a fortunate position, but I think it's very

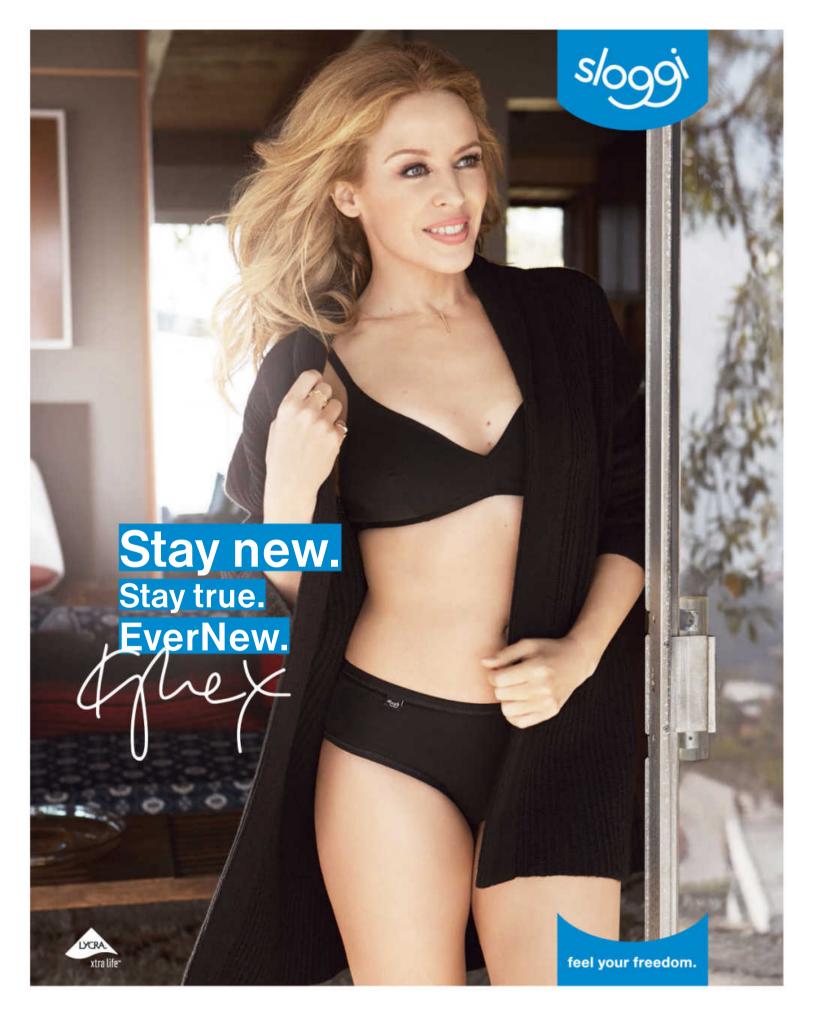
important to give her everything she needs, not everything she wants.

The joy of having money is that I can choose what I do. I don't need to work any more but I intend to stay at MoneySavingExpert. I'm lucky enough to have a brain that's good with money, so to spread that knowledge seems a good vocation to me. Some people can sit at a piano and play the notes they hear, I can look at credit card terms and see how they're trying to get one over on me!

'With great power comes great responsibility.' I think it was Spiderman's Uncle Ben who said that. My voice is loud enough to make change happen. I'm proud that I got financial education on to the school curriculum. It was much needed. □







Simplify your life

I wore the SAME OUTFIT every day for a month

What if you could save time and money by choosing just one work uniform and sticking with it? Well, there's a trend for doing just that – and GH's Jackie Brown tried it for a month. The experience was eye opening, but it was what happened afterwards that was most surprising...

or many years my workday morning routine has involved a 20-minute trawl through my wardrobe to find the right look. Often I end up leaving the house in a rush, not entirely convinced that I've pulled it off. How much more relaxing it would be if I got dressed every morning without the whirlwind of indecision!

So it's against this background that I've been reading about a growing style trend of developing a work uniform and wearing the same thing every day. New York art director Matilda Kahl caused a stir a few months ago when she wrote about saving time by wearing the same combo of black trousers and a white shirt each day. She pointed out that men have been wearing a work uniform every day for years - it's called a suit. And it doesn't take long to think of hugely successful women who are already doing something similar. US Vogue editor Anna Wintour has a signature look of smart, knee-length dresses and heels, while Hillary Clinton, with her virtually identical trouser suits, describes herself as a 'pantsuit aficionado' on Twitter. Could I be missing a trick? Well, I'm willing to try it for a month...





But what to wear?

As Features Editor at GH, my job could throw me into any situation at short notice. When I was asked to interview the Prime Minister, my first thought was, 'OMG what will I ask him?' followed swiftly by, 'OMG what will I wear?' The outfit that I choose for the month has to be smart enough to take me to No. 10 but still comfortable and practical for the day-to-day routine of a working mum.

I turn to the GH Fashion Team for advice. A simple shift dress seems a good option, but I think I'd get bored with it, and I don't want to show my legs every day. Instead, we decide on a white shirt with navy trousers. It's smart and classic, and easy to dress up or down. The trousers we find in high-street store Cos, and I fall in love with them at first sight. Cropped, with a little cut at the front that makes me feel like a chic Parisian, they are damned stylish. They are also a perfect fit. They cost £59 and I buy two pairs.

Finding the white shirt is trickier, as I haven't owned one since school. We try lots of styles before settling on a boxy version with short sleeves from H&M on the basis that it is plain enough to accessorise in different ways. It costs £29.99 and I buy three. Altogether my new look has cost £207.97 - now I just have to get out there and work it...

Week One: IT'S A MIRACLE!

My mornings are revolutionised. I know exactly what I am wearing the night before, so I no longer need to root through the ironing basket in the morning (I didn't mention that bit before). I can now get dressed in less than five minutes.

According to my husband, I'm much calmer and more pleasant to be around first thing. He says he likes the trousers but thinks the shirt looks medical -'Like a dental hygienist,' is his actual description - unless I add a twist like a scarf or necklace to dress it up.

More importantly, I leave the house on time and feeling in control. I am wearing an outfit that I know works and that makes me feel more confident. If I was Bridget Jones, I might say that I have found inner poise. It seems amazing that something so simple



has had such a powerful effect on me.

The first challenge comes round fairly quickly when I have a meeting to present new ideas for the magazine. Ordinarily this would involve more outfit changes than usual in the morning. Instead, I decide to let my lips do the power talking by trying a pillar-box red lipstick. It's a colour I usually avoid, as it is so bold, but it feels liberating to try something different.

Week Two: WHO KNEW?

I was anxious about what people would think about me wearing the same clothes every day. But guess what? Nobody notices! And it makes me realise that I don't pay attention to what anyone else wears either.

While the clothes are fine, as the days pass I find myself getting frustrated with the rest of my appearance. My shoulderlength hair starts to look dull and frumpy, and so does my make-up. I'm bored with them, which is hardly surprising as they've been the same for quite a few years. I have a lightbulb moment! While I've been varying my look through my clothes, I've become lazy in other areas. Changing my hairstyle would have been a lot cheaper than constantly adding to my wardrobe. For the first time in years I pull my hair back in a low ponytail. Amazingly, people tell me how much more youthful I look. Why didn't I do this years ago?

Week Three: **A TIGHT SPOT**

The challenge is getting harder. The main problem is the white shirt. There's a reason why I have never bought one: they don't look very good on me. This particular shirt is quite full, which means it is hard to wear anything on top of it apart from a loose jacket. For a few days in the middle of the challenge I get seriously fed up. My inner poise has vanished. The lowest point is on the train one day, when I feel a bit crushed and crumpled even though I am wearing a freshly ironed shirt. I have to keep looking in the mirror to remind myself that I do look smart and groomed. There seems to be a disconnect between how I look and how I feel.

It probably doesn't help that underneath that shirt there is a blossoming muffin top. Freed from my usual fitted dresses and with a baggy shirt to hide beneath, I've been sampling the GH recipe tests with abandon. If you were doing this permanently, you'd have to be very strict with yourself!

Week Four: **DON'T STOP ME NOW!**

Only a few more days to go and, while I'm looking forward to not being restricted to one style of shirt, I'm not as excited as I expected about being reunited with my wardrobe. It's not just about time saved in the morning - it's also how it has made me feel. After years of trying to work out what suits me, I feel like I finally have my own look - my own brand - for work.

There's just one more challenge for my outfit: a date night with my husband straight after work. I want to make an effort. While I feel competent and professional in this outfit, at no point have I felt sexy or alluring. So at lunchtime, I book myself in at a Bobbi Brown make-up counter and ask them to make me as glamorous as possible. With smoky, glittery eyes, lots of bronzer and a striking metallic necklace, I feel like a completely different woman... One who is ready to drink cocktails.

And the verdict?

The first Monday morning after the challenge ends, I feel a familiar sense of panic as I sift through my wardrobe. And now it's worse than before because I know the luxury of not having to think twice about what to put on. After rejecting several outfits, I spy the perfect thing. I pull on the navy trousers, pick a white top and put on a slick of red lipstick. I am good to go.

Over the next few weeks, I often find myself doing the same thing. I stop looking on it as a uniform but instead as my default outfit – the one I wear when time is short. I even find myself creeping back to that white shirt.

It's a surprising development but it also makes perfect sense. If I can save myself time and effort with this outfit most days, when I do opt to wear something different, it should have double the impact. A default outfit? Every woman should have one...

* To see Jackie's uniform style gallery, visit goodhousekeeping. co.uk/workwear-challenge

CHOOSE YOUR CLOTHES CAREFULLY

I bought two pairs of navy trousers and three shirts thinking that would carry me through. But after just a week I became a slave to the washing machine - I needed a fourth shirt!

Both items were cotton and machine washable (this experiment would have cost a fortune with dry-clean-only items) but, given the colours, they had to be washed separately. The shirt washed beautifully and was easy to iron. As an added bonus, it didn't crease easily and still looked fresh at the end of the day. The trousers do look a bit faded and worn after a month of constant use, but they are still good enough for work and my love affair with them continues. When they are completely done in, I imagine they will make great pyjama bottoms.



Winning the GH novel competition has changed

my life Eva: 'No one in my family has read my book yet - I wouldn't let them'

A year on from her triumph, Eva Holland's first novel has been published. The Daughter's Secret beat over 3,000 entrants to scoop our £25,000 prize. Read her story and be inspired...

How did you feel when you first saw your novel in print?

I had a bit of a cry! I still can't quite believe it's real. It sounds like a cliché, but it's a dream come true. I don't usually go in for feeling proud of myself, but I know how much effort went into the book. When I look at it, I see myself in my ratty old dressing gown at my desk and all the hours I put in, all the worry. I'll probably faint when I see a copy in a bookshop.

How has your life changed since

About two weeks after I had the call from GH's Editor, Lindsay, I resigned from my job as a copywriter. It was daunting, but being able to write fiction every day is absolutely brilliant. Finishing The Daughter's Secret has given me more confidence in myself than anything else in my career or life to date. It has also given me the courage to pursue what I really want to do - write more books.

You wrote most of The Daughter's Secret

in under six months - how did you do it?

I'd written a fifth of the book, including the first chapter, which was entered in the GH competition, but still had 50,000 words to go. I had to treat it like a job. I used to get up at six in the morning to write for a couple of hours before work, so I carried on doing that. I think my brain works best when it's still in a sleep state. Once I was free all day, I wrote until lunchtime, then took a few hours off before going to write in a café until evening. Having a tight deadline from my editor at Orion helped me. I think the pressure contributed to the atmosphere of

A pupil. A teacher mother's worst nightmare. Daughter's Secret Eva Holland

the book: it became darker and more claustrophobic as it went on.

What did you find hardest?

It takes a lot of guts to get from an idea to a novel. You have to keep your nerve and keep believing in your book and your ability to finish it. I did have moments of doubt, and off-days when I wrote about 100 words and then deleted them, but I tried to remember that the judges believed in my idea. 'They liked it' became my mantra!

How did your family support you? My husband, Tim, kept the world at bay. He took care of our lives, so I could just write.

And he never complained that all I did was sit at my desk in my dressing gown! No one I know has read the book yet - not even Tim. My mum is itching to get hold of it, but I didn't want them to see it until it was



Could you be the next GH novel winner?

The road from idea to published author takes determination, hard work and guts - even JK Rowling was famously rejected 12 times before Bloomsbury fell for Harry Potter and she became a literary phenomenon. The first step? Find an agent: they're essential, as very few publishing houses accept manuscripts from writers without one. Here, super-agent Luigi Bonomi (whose clients include Josephine Cox, Fern Britton and now Eva Holland) shares his advice for aspiring authors:

Target agents who represent your style of book. Find a handful of novels that have a similar style to yours, look in the acknowledgements to find out which agent the author thanks and aim your novel at them! You can also look at agents' websites to see which authors they look after. Find agents' contact details in the Writers' & Artists' Yearbook.

Drop the agent an email. Send a covering letter, a synopsis of four to five pages and the first three chapters (around 5,000 words) to their submissions inbox.

The easier you make it to read, the better. A clear font like Times New Roman, with a good-size type (14pt) and double spacing already puts you way ahead of the field.

Grab their attention with a gripping first page.

The rest of your first chapter should absolutely pull the reader in, too, but that opening page is all important. Your covering letter should also describe your novel in a short, sharp way that will whet an agent's appetite.

You can send your book to more than one agent. If an agent expresses an interest, however, you should let the rest know, so that they can make their mind up one way or the other. Don't necessarily choose the first agent who contacts you. There may be others who also like you, so be guided by your gut instinct - you want an agent who has passion for your writing and who believes in you.

Expect to hear back after two to eight weeks. If you haven't heard after that, then chase!

Need some advice to get started?
Orion Publishing Director (and GH Novel Competition

judge) Kate Mills has some wise words:

Just put something down on the page. A first draft is just that - you can rewrite it, polish it, scrap it, but you need to have something on the paper to start with.

Put time in your diary to write. Get in the habit of writing regularly and allocate time to do it.

Have a plan. A chapter-by-chapter breakdown can really help bring focus and direction to your story.

Try not to over-write. Long descriptions can slow the pace. Be ruthless with yourself - less can be more.

finished. I'm excited but also nervous about anyone reading it. I feel exposed because I'm putting a bit of myself out there. Who is your biggest inspiration?

My grandmother, Lily Holland, wrote historical fiction in the Fifties and Sixties. To have another author in the family made

it seem much more achievable. She was so pleased when I won the competition.

What's next?

I have two ideas for books but I'm not sure which one to pursue, so I'm writing the first 10 pages of each. Writing my first book was the hardest thing I've ever done, but I definitely want to do it again. I'd be happy if I could write every day for the rest of my life.

We'll be launching our next Good Housekeeping Novel Competition in early 2016

Watch this space to find out how to win a publishing advance and see your book in print.

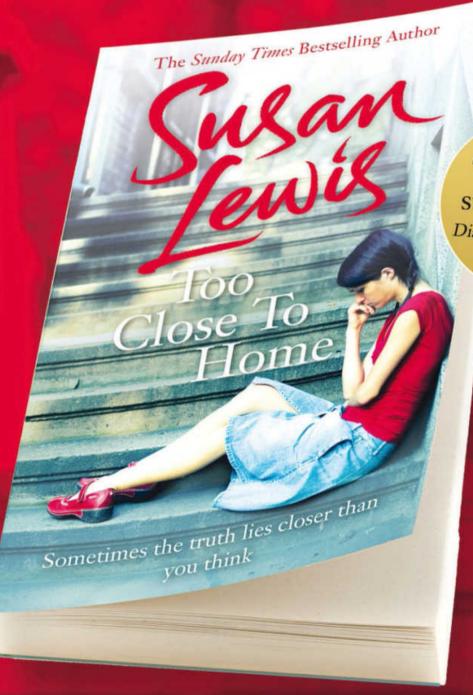
Join our publishing masterclass

Competition winner Eva Holland, literary agent Luigi Bonomi, Orion's Kate Mills and bestselling author Kate Mosse are hosting an evening of advice on everything from tackling that first blank page to getting your novel published.

When? 23 September 2015, 6.30-8.30pm Where? Good Housekeeping Dining Room, 21-25 St Anne's Court, London W1F

How much? £20, including a glass of wine How do I book? Visit goodhousekeeping.co.uk/ publishing-masterclass

Have you ever failed to see what's happening right in front of you?



'A master storyteller' Diane Chamberlain

The heartrending new novel from Susan Lewis

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)OKShe

We bring you our favourite new hardbacks, paperbacks and e-books - from light-hearted fiction to literary gems

For more book news and reviews, visit goodhousekeeping.co.uk/editors-choice-book-reviews

ON MY BEDSIDE TABLE

Helen Lederer



We loved her in Absolutely Fabulous and when she popped up again in French And Saunders' sketch show. Now, after a 30-year career on stage, Helen Lederer has written her first novel, Losing It. Helen is appearing at the Edinburgh International Book Festival on 25 August, and is sharing the last five books she's read:

♦ Thrillers aren't something I often read, but I thought **THE LIE** by **CL TAYLOR** was excellent. A dark, scary page-turner with



friendships that kept me have a frothy

book standing by for recovery.

♦ THE CODE OF THE WOOSTERS by PG WODEHOUSE is literary Prozac. The adventures and mishaps of Jeeves and Wooster never date. I love the delightful detail of the times and character traits nestling within their relationships.

I devoured THE HUSBAND'S SECRET

in a couple of days. When a woman finds a letter from her husband marked 'to be opened in event of my death', the decision she makes changes her life for ever.

LIANE MORIARTY

has written an exquisitely plotted book, full of wonderful observation.

I worked with **CELIA IMRIE** on Ab Fab.

and her debut novel, NOT QUITE NICE, is wonderful and very

amusing. It's about a woman of a certain age settling in Nice and has some lovely characters.

♦ For a gloriously intelligent read, try PORTNOY'S **COMPLAINT** by PHILIP ROTH. His angry, funny, truthful tale about adolescence and being an outsider was written 40 years ago, but has such resonance for today.

Good Housekeeping's HOT READS



♦ Love Wuthering Heights? In Nelly Dean, author Alison Case re-imagines the brooding drama of Heathcliff and Cathy through the eyes of a housekeeper. This engrossing story of loyalty, love and sacrifice is so good it deserves to be a classic in its own right.

The Daughter's Secret is the first novel from our 2014 competition winner, Eva Holland. The

judges were hooked by her compelling plot one that hummed with tension. Six years after Rosalind's daughter ran away with her teacher. triggering a media frenzy, she finds out he's about to be released from prison.

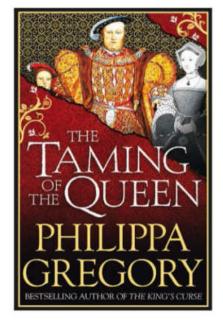
♦ Set in the theatre world, Daughter Of The House by Rosie Thomas is the atmospheric tale of a woman breaking boundaries in early 20th-century London.

Book of the month

We still can't get enough of books about the Tudor dynasty, and few do it better than PHILIPPA GREGORY. She always delivers a fresh take, even

on a period of history we think we know well. In

THE TAMING OF THE OUEEN, we are whisked to the court of King Henry VIII as he marries his sixth wife, Catherine Parr. Gregory brilliantly captures the torn loyalties, treacheries and tragedies that lie beneath the historical detail, to entertaining effect.



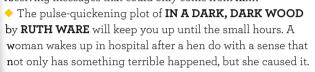


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THRILLERS OF THE MONTH

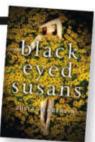
◆ Dark and unsettling, **BLACK-EYED SUSANS** by **JULIA HEABERLIN** is a sophisticated take on the serial killer novel. The man who murdered four teenage girls - and

> nearly killed Tessa - has been behind bars for 18 years. So why has Tessa started receiving messages that could only come from him?

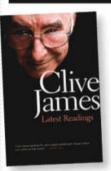


♦ No one writes twisty, suspenseful novels quite like **SOPHIE HANNAH**. In **A GAME** FOR ALL THE FAMILY, Justine and her family are settling into their idyllic new

life in Devon. Then the threatening phone calls start, coming from a woman who knows details of Justine's life and who claims they share a traumatic past - except that Justine has no idea who she is.







Best non fiction

◆ He changed the face of TV criticism before devoting himself to poetry, and when **CLIVE JAMES** was diagnosed with terminal leukaemia in 2010, he said: 'If you don't know the exact moment when the lights will go out, you might as well read until they do.' His new memoir, LATEST **READINGS**, contains essays on some of his favourite writers, which offer a revealing look at James himself.

Also out THIS MONTH

- ◆ A shocking event at her son's school pushes a mum into crisis in ANOTHER MOTHER'S SON by JANET DAVEY.
- Fun and original, KITCHENS OF THE GREAT MIDWEST by J RYAN STRADAL tells the life story of a renowned (fictional) chef, with each chapter narrated by someone close to her.
- For a new twist on the healthy eating trend, try A MODERN WAY TO COOK by ANNA JONES. Her vegetarian recipes are exciting, vibrant and, best of all, delicious.
- An idyllic trip through the Philippines on a yacht turns nightmarish when one of the crew disappears overboard. IN THE BLUE, the gripping third novel by **LUCY CLARKE**, is a great holiday read.
- EARLY ONE MORNING by VIRGINIA BAILY is a powerful and moving novel about a young man parted from his family during the Second World War - and the long shadow the separation casts.
- ◆ AMY BLOOM is a mistress of the short story. Her latest dazzling collection is **ROWING TO EDEN**.

 Over the course of four decades, a group of friends share their joys and sorrows in **A LITTLE LIFE** by HANYA YANAGIHARA. It's a challenging read at times, as it covers some difficult subjects, but

it's one of our favourite books of 2015 so far.

WORLD is a spellbinding and beautifully written debut by STEPHANIE BISHOP, about a woman struggling with life as a new mother after she's uprooted by her husband to Australia.



Good Housekeen READER RECOMMENDED

Look for our logo on books read and loved by our panel of GH readers. Here are two titles they chose:

by Claire Douglas 'As soon as I finished the first page, I knew this was going to be the sort of book I wouldn't be able to put down. I thoroughly enjoyed it and have already lent it to my twin sister.'

♦ THE SISTERS

♦ THE ART OF BAKING BLIND by Sarah Vaughan 'This lovely book is about a baking competition, so is very topical.' 'A well-thought-out plot and a classic "happy ending". It's the perfect holiday read.'

★ Love books? Join Good Housekeeping's online reading group at facebook.com/ groups/GoodHousekeepingBookRoom for book chat, giveaways and more.

COMPILED BY: JOANNE FINNEY. PORTRAIT OF HELEN: GETTY. ADDITIONAL PHOTOGRAPHY:

Experience a degree of darkness...







Allow the intense taste of Excellence to take you to another place and experience the ultimate pleasure.

Lindt. Master Chocolatier since 1845.











STREAMLINE your finances, your to-do list,



Find these apps in the Google Play or Apple App Store and stay organised:

Pocket lets you save items from the web to view later, even offline - it syncs across devices, too. Google Calendar syncs across all your family's devices. Cozi Family Organizer lets you manage appointments, calendars and lists on the go, and links with everyone's devices.



Keep digital copies of your life admin (such as insurance or a utility bill for when proof of ID is needed) in a secure online storage system like Dropbox, Google Drive or iCloud.



Why compare deals when someone else will do it for you? For insurance and utilities, visit Moneysupermarket, Uswitch and Comparethemarket. For flights, try Travelsupermarket or Skyscanner. Check at least two sites - few cover all providers.



International calls can be pricey. Use the Callchecker at Moneysavingexpert to find the cheapest operators. Simply ring the access number, then wait to be connected.

If both parties are online, make free internet calls via FaceTime, Skype or Whatsapp on your tablet, computer or smartphone.

Expert help

Having trouble tracking where all your money goes? We rate the Money Health Check at Moneyadviceservice or the budget planner tool at Moneysavingexpert.



free to haggle

If you don't ask, you won't get. When you're making a big purchase, negotiate on extras like accessories. Is there a small scratch? Ask for a discount.



What kitchen gadget could you not be without? We asked GH's Meike Beck: 'I use my Magimix food processor for chopping onions, making breadcrumbs, soups and smoothies. And my Microplane zester is a joy to use.'

Household must-haves

GH's tester-in-chief, Trisha Schofield, swears by: 'Cif for the kitchen and bathroom; limescale remover Viakal is brilliant for shower screens; and Oven Mate works a treat.'

Identify your strengths

If your partner loves ironing or mowing the grass and you love cooking and car maintenance, don't fight it! Swap with friends, too - her baby-sitting skills in exchange for your decorating panache. Facebook is the perfect platform for striking deals.

Journey

- Motorists spend around four days a year stuck on congested roads. Look for a satnav with traffic alerts and alternative route suggestions - our Tried & Tested top scorer is the TomTom Go 6000 satnay, £229, from Amazon. * Buy rail tickets online to
- save up to 50% off the standard price - and time at the kiosk.



Herbs, breadcrumbs, cheese rinds and milk can all be frozen. For more ideas, visit goodhousekeeping.co.uk/food.



Let it go...

Don't hoard - and don't even think about hiring an expensive storage unit to house the overspill! Sell, swap or recycle. Use Topdollarmobile to find the best price for your old phone. Try musicmagpie.co.uk or webuybooks.co.uk for books, CDs, DVDs and Blu-Rays. And for clothes, or anything sought after, head to eBay - or organise a clothing swap with friends.

Focus, and you'll tackle that mound of jobs more quickly. Research at Stanford University has found that multitasking is less productive than doing one thing at a time (share this with your teens!).

Keep the taxman up to date with changes in your circumstances and you're less likely to be stung for unexpected tax bills, be

EVERYTHING! How do you sort the genuinely brilliant ling hacks from the time-wasters and myths? Here's the definitive guide from the GHI

How do you sort the genuinely brilliant life

given the wrong tax code or end up having to repay allowances. If you need advice, ask your local tax office or ring HMRC on 0300 200 3300.



...and under-appreciated. Your time is worth more than you think, so value it! Salaried or not, we reckon you're worth at least £16 a hour. Prioritise and share the load, whether it's with family, friends or paid-for help, such as a gardener or cleaner.

Patience pays

If you've seen something you want to buy online, make sure you are logged into your account on that website, then leave the item in the checkout basket. Yes, walk away! Chances are you'll be offered an incentive to buy by email for that item within 48 hours.



If you've got a contactless bank card, pay for purchases up to £20 (£30 from September) by simply tapping the payment machine with the card. Or use your mobile to pay friends, family or tradesmen via text through the Paym scheme - register for it at paym.co.uk.

Rated by

The Good Housekeeping Institute team tests hundreds of products each month and shares its expert product reviews on our website. So make sure you check and compare products before you buy at goodhousekeeping. co.uk/institute.

Sign up! For regular, bulky buys such as loo roll, pet food or nappies, use Amazon's Subscribe & Save. It gives you 15% off and free automatic deliveries.

Trade down

Try own-brand or generic versions of storecupboard staples, such as rice, pasta, flour, butter, cornflakes and ketchup. If the family doesn't notice a difference, trade down permanently and save money.

Supermarket own-

brand tastes just

28 good!

Unchain your heart

Ditch your sense of loyalty to your bank, insurer, energy or telecoms supplier. Switch if you think you deserve better, but use comparison sites that rate customer satisfaction as well as ranking by price.



Voucher gueen

Before you shop online, check myvouchercodes.co.uk and Vouchercover for discount codes. Many high street stores and restaurants will accept codes shown on your phone,

too. We like the loyalty card app, Key Ring, to keep cards and vouchers in one place – just scan in barcodes on cards, then use your phone.

Make sure you have a will and keep it up to date. It will save

your family time and heartache. A single will using a solicitor typically costs from £150 to £300, and a joint one from £200 to £400.

Xpect the unexpected

Give a trusted neighbour a spare key. Keep debit and credit card details and your bank's helpline number somewhere safe. Locate your stop tap and mains switch. Keep emergency plumber and locksmith details to hand. Arrange breakdown cover. Phew!



Young earners

Children who get pocket money are less likely to save than those who work part time, according to research at Sheffield University.

tolerance

Don't stand for poor service! Complain quickly and get a refund or repair. Unsure where you stand legally? Call Citizens Advice on 0345 404 0506.



Get more barbie-kudos



BBQ education and inspiration available in stores from 26/06/15 to 09/08/15 and online at tesco.com/flameacademy from 22/06/15 to 31/08/15. Selected stores only. Subject to availability. See tesco.com/flameacademy for more details.

EASK our EXCEPTS

- ₩Haggle like a pro
- ⊮Motorway driving
- ₩Pimm's Tried & Tested
- *****Best printers



Be confident and bag a bargain

We're happy to haggle the price at a French market or Moroccan souk, but what happens when we come home? We say it's time to get tough with UK salesmen, too...

rom mobile phone contracts to
TV packages, with a little courage
and some negotiation skills you
could be saving pounds on all
sorts of things. A recent poll by
moneysavingexpert.com found that Sky,
TalkTalk, Virgin Media, AA Insurance and
RAC were the best companies to bargain
with and get cheaper deals. Here's how to
haggle with the best of them...

The first rule of haggling is to never, ever reveal the final price you're prepared to pay.

Pick a good time to negotiate.

Mid-week mornings in shops are best as they tend to be quieter, while November and December are great times of year to renew insurance policies as insurers aren't

busy. Need double glazing? Secure a deal at the start of the year.

3 Do your research. Check what competitors are offering and be assertive enough to quote these prices.

Be confident. Demanding discounts in an aggressive or angry way isn't going to reward you with anything – bar some uneasy glances from security staff. Keep your tone friendly and polite and build a rapport with the person helping you. A little humour and good grace go a long way.

5 Never accept the first offer. No self-respecting market trader offers the best price first time and sales staff play a similar tactic. Refuse the first price and be prepared to walk away. This is usually enough to induce a better offer.



Ask to speak to a supervisor. Junior sales staff don't have the authority to offer a discount. Ask to speak to someone more senior who can do a deal.

7 Go for added extras. Even if you can't get money off, see what extras – such as accessories or extra warranty – you can get thrown in.



CALLING ALL CUSTOMERS... Here's a simpler way to complain

It seems we're getting better at complaining. Some 18.5 million of us have grumbled about retail goods and services in the past year – that's an increase of 42% since 2014, according to research by the Consumer Action Monitor. Until recently, if your waffle iron didn't work or your mail order never arrived and the retailer refused to resolve the complaint, your last resort was to go to the small claims court. Now an impartial complaints service,

It seems we're getting better at complaining.

Some 18.5 million of us have grumbled about retail goods and services in the past year – that's an increase of 42% since 2014,

Ombudsman Services, has set up a new online system that makes it easier to complain and seek compensation from online and high street retailers.

It's easy to use: visit ombudsman-services. org and follow the step-by-step process. The Ombudsman's decisions are binding and enforceable by law.

Need to know: You must complain directly to the company or retailer in question before going to the Ombudsman.

GREAT TASTE ON TOAST

There's nothing like the taste of **Branston**baked beans. The rich tomatoey sauce and fabulous
flavour make everyday meal times special.
A delicious way to eat 1 of your 5 a day
so here's a toast... Branston baked beans.







Why isn't motorway driving part of the DRIVING TEST?

The alarming truth is that new licence holders can rip up their L-plates and head straight for the fast lane. Is it time for a change, asks GH Motoring Editor Ginny Buckley

Motorways are our safest roads, in terms of the number of accidents, but driving on them can still be a daunting task – especially for learner drivers in the UK, who aren't allowed to drive on, or be tested on, our busiest and fastest roads.

A newly qualified driver has to plunge straight into speeds of 70mph, which means some avoid them completely because they haven't been taught the practical skills. One in seven motorists say they don't feel confident motorway driving, according to the AA. Women and young people are the worst affected, with 56% admitting that they lack the skills to tackle these challenging routes.

With well over 2,000 miles of motorways criss-crossing the UK, they are pretty hard to avoid – but drivers go more than 600 million miles out of their way every year to do just that. 'By steering clear of motorways, drivers not only face a longer, slower journey, but are potentially putting themselves at greater risk on A-roads,' says the AA's Edmund King.

So should motorway driving become a compulsory part of the driving test? Another solution could be to introduce a mandatory motorway driving lesson for new licence holders before driving on M-roads. Or is it sensible to allow learner drivers and their instructors on to motorways to gain valuable – and confidence-building – experience?

We'd love to know where you stand on this one. Email on goodh.mail@hearst. co.uk or write to GH/Motorway Driving at 72 Broadwick Street, London W1F 9EP



PACKING A PUNCH

There's no better way to toast the good weather than with a refreshing glass of Summer punch. But does it have to be Pimm's o'clock or will an alternative supermarket version do?



WINNER Pimm's No 1 £21 for 1L, 25% alcohol

The perfect Summer drink.
This amber-coloured tipple had a subtle sweetness and a pleasant taste of citrus and spice. A higher alcohol content than the others tested.

Stockist: Ocado

74/100



RUNNER UP

Austin's Summer Punch £5.99 for 1L, 17.5% alcohol A real find: three times cheaper than Pimm's but almost as popular. We loved the heavily spiced flavour with hints of fruit, citrus and herbs.

Stockist: Aldi **72/I00**



Jeeves Fruit Flavoured Mixer Drink

£10 for 1L, 17.5% alcohol
The rich golden colour and light herbaceous scent are appealing. A good balance of sweet and sharp, with a refreshing, fruity flavour that has a hint of cucumber.

Stockist: Lidl and Tesco

'Pimm's No 1 remains the original and best but Aldi's version comes very close and is tremendous value by comparison.'

Helen Wainwright, GHI

HOW WE TESTED Our panel blind-tasted five Summer punches, made up with one-third punch to two-thirds lemonade. We were looking for a refreshing drink, with a subtle taste of spice and fruit, without being too sweet.



GOODBYE PRINTER PROBLEMS!

All-in-one printers, which scan and copy too, are great multitaskers. We put

WINNER

Epson EcoTank L355
£249.99, £31.96 for 4 x 70ml
EcoTank ink bottles
Wireless

- 1 Excellent print quality, from black and white documents to colour photos
- **2** Print from your smartphone or tablet via Wi-Fi using Epson iPrint or Google Cloud Print
 - **3** Uses EcoTank inks, making it one of the most economical printers for ink use
 - 4 Very quiet when scanning5 Could be a little faster
 - 6 No LCD screen
 Stockist: epson.co.uk

85/100

RUNNER UP

Epson Expression Photo XP-860 £249.99, £47.49 for multi-pack

- £249.99, £47.49 for multi-pack 24 Claria Photo HD ink
- 10.9cm colour touchscreen
 Wireless
 - 1 Produces high-quality documents fast
- 2 Large, intuitive touchscreen 3 Excellent photo prints
- 4 Can print directly from your camera's memory card, or smartphone or tablet
 - 5 Paper tray automatically opens out when printing
- **6** Convenient two-tray system for regular and photo paper **Stockist:** epson.co.uk

84/100

BUDGET BUY

Brother MFC-J870DW £174, £64.79 for multi-pack LC123VALBP ink

- 6.8cm colour touchscreen
 Wireless
- 1 Simple to set up and fast at copying and scanning
- 2 Ink cartridges are easy to access when installing and removing them
- 3 Print from your smartphone or tablet via Wi-Fi using Brother iPrint & Scan, Apple AirPrint or Google Cloud Print
- **4** Paper tray is fiddly to load **5** Print quality could be better; black ink was slightly faded

lack ink was slightly faded

Stockist: brother.co.uk

82/100

HOW WE TESTED Our testers printed a variety of documents, from black and white letters to colour photos, to assess print quality. We also looked at print speed, scanning and copying quality, smudge resistance and cost. See the results in full at goodhousekeeping.co.uk/institute.

DON'T PUT UP WITH SKY-HIGH INK PRICES!

It's well-known that printer cartridges can be expensive – around the same price per ml as Chanel No 5! So before you buy:

- Go online to compare costs: we rate printerinks.com and cartridgepeople.com.
- Check prices from retailers such as WHSmith, Currys and Staples.
- Watch out for delivery costs: some companies give free postage, while others offer click and collect in store.
- Steer clear of cheaper cartridges until your printer's warranty is up (usually one year) as using third-party ink can invalidate it.
- Or say goodbye to cartridges for ever, thanks to Epson's new EcoTank system.
 Compatible printers in the Epson EcoTank

range (including our winning printer, above) are supplied with four 70ml ink bottles. They hold enough ink for 4,000 pages in black and 6,500 pages in colour (the average cartridge manages between 200 and 600), and Epson claims this will last two years for most people. You top up the tanks when needed from the resealable ink bottles – we found this a little

fiddly. Four ink bottles cost £31.96 (£7.99 each) from epson. co.uk.



I've read that my keyboard could be the filthiest thing in my house. How can I keep it clean?

If we told you a typical keyboard harbours 10 million bacteria - 400 times more than the average number found on a loo seat - you'd rush for a cloth pretty quick. Give yours a deep clean every six months with a compressor, such as Airduster, £9.99 from Maplin, which uses air pressure to shift grime from between the keys. Then, wipe down with computerspecific antibacterial cleaner or wipes.

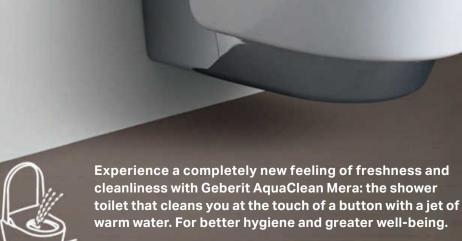


For more regular cleaning these everyday household items will also do a great job. Shake your keyboard to get rid of any loose crumbs or dirt, then use a toothpick or cotton wool bud to get between the keys. Another trick is to work some sticky tape between the keys to pull out dust. Don't be tempted to vacuum your keyboard, though – you might accidentally suck up some of the keys!

* Find 1,000s of product reviews at goodhousekeeping.co.uk/ institute Geberit AquaClean
The WC that cleans you with water.

GEBERIT

Modern Welfbeing



→ www.geberit-aquaclean.co.uk/mera or 0800 032 9629



Quivine from the Congo

Bitter Orange from Tanzania





Lemon Thyme from Provence

Lemons from Sicily



Love it a lot. Love it so much we were worried about it. We were worried the gin was being mistreated, being smothered with mainstream tonic that masks its delicate flavours with artificial sweeteners like sickly saccharin. Gin deserves better, we thought, so we started Fever-Tree. We personally went to the ends of the earth to find the best natural ingredients for a tonic water. Quinine from the Congo, bitter orange from Tanzania and subtle botanicals from Provence. The result is a tonic like no other, one that sets the complex flavours of gin free.

So, if 34 of your gin and tonic is tonic, make sure you use the best.

Charles & Tim Fever-Tree Co-Founders



Brand new scams



(and how not to fall for them)

There's nothing new under the sun, but scammers are still finding fresh ways to catch us out – and now they're using the latest tech to get between us and our money. However, there are ways to outsmart them...

The one where they pretend to be your bank

A caller says he is from your bank, the police or other legitimate organisation and tricks you into revealing personal details. Most often, they say there's been a security breach on your bank account. You're given details of a fresh account and asked to transfer funds over. Goodbye money!

PROTECT YOURSELF:

Telephone scams are known as vishing. Never give out a PIN or personal details to anyone. If you're suspicious, take the person's name and number and hang up. Then call your bank, using the number on your statement. Get the dial tone before you ring to ensure the previous caller isn't still connected - fraudsters stay on the line hoping to intercept your call.

The one that promises you a tax rebate

An official-looking email that claims to be from HM Revenue & Customs promises a lucrative rebate. But to get your money, you'll need to provide bank and personal details. Cue fraudsters pilfering your account!

PROTECT YOURSELF:

HMRC never uses email to tell customers about tax rebates or ask for personal details. If you get one, delete it immediately.

The one that promises you something for nothing

The email looks like it's from a genuine company, like a high street retailer or bank, but asks you to divulge personal details by clicking on links or attachments within it. So long security!

PROTECT YOURSELF:

Even if the logo looks
authentic, the wording
may be a give-away. If
you spot spelling
mistakes or an
unlikely overseas
address... Delete it!

The one that empties out your pension pot

Crooks just love the new pension rules that allow over-55s to cash in their funds. They are queuing up to promise free pension reviews and fake investment opportunities. Don't listen! PROTECT YOURSELF:

Anyone offering financial advice should be on the Financial Conduct Authority Register (fca.org.uk). Meanwhile, pensionwise.gov.uk has advice on spotting scams. Under the PensionWise service, anyone 55 or over is entitled to a free face-to-face or phone guidance session with Citizens Advice or the Pension Advisory Service.

The one that warns you have a computer virus

A cold caller claims to be an expert at Microsoft, and tells you your computer is infected. They'll then persuade you to download expensive software – in reality, malicious software, or malware – which they use to access your computer. Adios personal information!

PROTECT YOURSELF: Hang up immediately. If it's too late and you've downloaded the malware, report it immediately to Action Fraud (0300 123 2040). Tell your bank to be on the alert, too.

The one that pretends to be a helpful service

You need to renew your passport, driving licence or European Health Insurance Card and find an official-looking site online. It looks genuine, but charges fees for services that are free.

PROTECT YOURSELF:

Use the Government website (gov.uk) to renew passports, licences or EHICs. When paying online, always check the web address starts with https, as this encrypts the transaction to protect your personal details.

CAUGHT OUT? DON'T PANIC...

- Don't let embarrassment stop you from reporting a scam call Action Fraud (0300 123 2040) or the Citizens Advice Consumer Helpline (0345 404 0506).
- Use antivirus software and keep it updated. GH's tech expert, Carrie-Ann Skinner, recommends the Microsoft, AVG and Avira websites for good free versions. Some banks also offer free software for online customers.
- Set up a spare email account so you can collect deals and discount emails in one place. □



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Howdens Joinery is the UK's largest manufacturer and supplier of fitted kitchens, appliances and joinery products. We understand what it takes to make a great looking kitchen, and importantly one that works every time, every day. That's why we only sell our products directly to professional tradespeople like your local builder.

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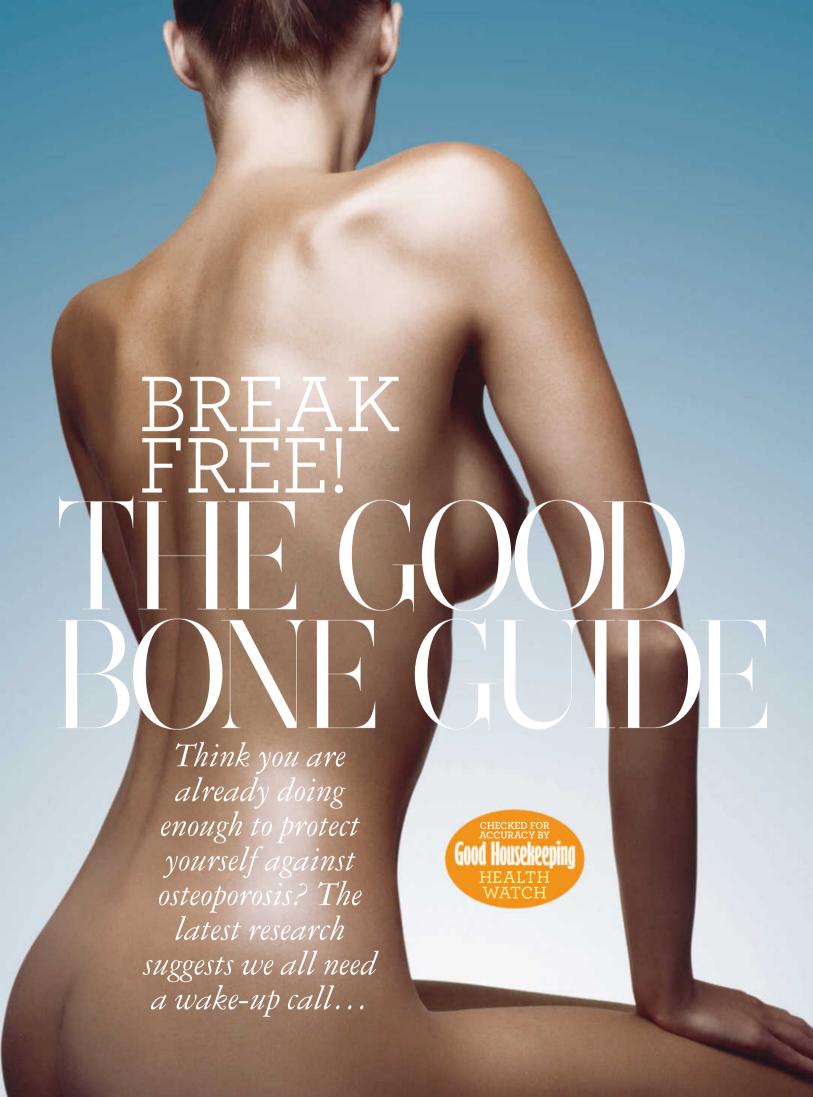
Visit www.howdens.com to see our full range of kitchens and joinery products, or call 0800 6888 167 to request a brochure.



BY APPOINTMENT TO HER MAJESTY THE QUEEN SUPPLIER OF FITTED KITCHENS HOWDEN JOINERY LTD LONDON



MAKING SPACE MORE VALUABLE



hen it comes to osteoporosis, alarm bells started ringing in the GH

office when we heard Lorraine Moss's story. A fit 52-year-old, she completed a marathon before she was diagnosed with breast cancer and has since done five MoonWalks. 'I tried to do everything I could to stay healthy and protect my bones, and when I was referred for a DXA scan I just assumed that it was routine and they would tell me that everything was fine,' explains Lorraine. 'I was so shocked to be told that I had the onset of osteoporosis. It's probably related to my breast cancer treatment. What's really strange is that my hips are absolutely fine, but my spine isn't.'

Lorraine's story struck a chord with many of us here because, as keen walkers like her. we assumed that we were doing all we could to protect ourselves. But - and it's an important but - while brisk walking is great exercise for bones, experts now recognise that we need a mixture of activities that target different at-risk areas to give us the best protection. It's vital information when you consider that someone breaks a bone every two minutes and an estimated three million people in the UK have osteoporosis. Many people won't realise they have the condition, as there are no warning signs and you won't feel your bones getting weaker. But once it happens, even a minor bump or fall can leave you with a fracture and long-term pain and disability.

The latest research shows that to strengthen our bones we really need to be doing the right kind of weight-bearing exercise - and doing far more diet-wise than simply getting enough dairy.

THE NEW THINKING ON EXERCISE

Find the right workout

Exercise makes for stronger bones, but that's not just any old exercise you need to combine weight-bearing exercises that make you move against gravity, with resistance exercises that involve lifting weights or your body weight to strengthen muscles.

WEIGHT-BEARING ACTIVITIES

Brisk walking, dancing, step aerobics, stair climbing and tennis all put stress on your bones, which is what you need to do to strengthen them. Cycling and swimming don't protect bones, however, as they aren't weight bearing. Bones react to loading and stress - that's what they need to stimulate bone remodelling - a lifelong process where mature bone tissue is removed and new bone is formed,' explains physiotherapist Dr Morag Thow, who researches the impact of exercise.

RESISTANCE **EXERCISE**

Lifting weights, using stretch bands, or the weight of your own body (as you do in push-ups) are also beneficial, as they apply stress to the bones.

MIX IT UP

them For the best bone workout, alternate high- and low-intensity exercise and change direction. Research suggests that so-called 'odd impacts', when you move in a direction other than straight ahead at a steady pace, may give the most benefit.

FOR MAXIMUM IMPACT

- ❖ Walk briskly for 20 paces, then more slowly for 20 paces. Add in marching on the spot, stepping from side to side and walking round in a circle.
- When jogging or running, break it up: change direction, jog in a circle, run on the spot moving from one foot to the other, stop next to a bench and



do some step ups, do some squats.

- Put on your dancing shoes. Ballet, tap, line dancing, Irish or Scottish dancing may be the perfect bone protectors, as they involve transferring your weight between your feet, different combinations of loading and changing direction, and also help your balance and co-ordination.
- * Exercise regularly and keep it up, as the benefits only last as long as you keep doing it. Aim for at least 30 minutes of weightbearing exercise every day of the week.

TARGET THE DANGER AREAS

Although all bones can be affected by osteoporosis, it's your hips, wrist and spine that are most vulnerable to fracture and will benefit most from strengthening exercises. Do these exercises two to three times a week and build up to two sets of 10 repetitions. You shouldn't feel any discomfort - if you do feel pain, stop immediately.

♦ FOR YOUR SPINE

Activities

like tennis

put stress on

your bones to

strengthen

Lie on your tummy with your face down and your arms by your sides. Draw your shoulders back and together and lift your head and chest, with your face still towards the floor and your hips, legs and feet in contact with the floor. Hold for five seconds, rest for a few seconds and repeat.

If this feels too difficult at first, bend your elbows and rest your forearms on the floor, with your palms face-down near your shoulders and in line with your elbows. Keeping the back of your neck straight, gently press your back, shoulders and neck upwards a few inches





Bring back the good times.

You want to keep enjoying the food and drink you like.

So you should keep brushing twice a day every day with a Sensodyne desensitising toothpaste. And not stop when your sensitivity pain goes away because chances are it will come back. But the good news is, you can help prevent it.



Sensodyne, NovaMin and the rings device are registered trade marks of the GSK group of companies.

Fruit and vegetables are a rich source of potassium, which plays an important

part in bone health

[CONTINUED FROM PREVIOUS PAGE] towards the ceiling by pushing down on your forearms and hands. Keep your forehead facing down and your hips, legs and feet in contact with the floor.

For the next exercise, lie on your tummy on the floor with your head resting on crossed arms. Keep your legs straight, tighten your buttock muscles and slowly raise one leg a few inches off the floor, keeping it as straight as you can. Hold, then lower slowly down, keeping both hips in contact with the floor. Relax for 10 seconds, then repeat with the other leg. Build up to two sets of 10 repetitions of each exercise.

If you have osteoporosis, don't flex or bend your spine forwards - too much forward movement can put pressure on the spine and, if the bones are fragile, could cause a compression fracture.

FOR YOUR HIPS

Stand at right angles to the back of a chair with your left hand holding on to the back. Put your right hand at the top of your pelvis and raise your right leg out to the side. Make sure that the toes point forward and your pelvis (and hand) don't rise. Lower the leg and repeat 10 times. Change sides and repeat with the other leg. Wearing an ankle weight will help strengthen the muscle even more.

Next, lie on your back with your knees

Choose kale, spring greens and broccoli as an alternative calcium source

bent, your feet hip-width apart and flat on the floor. Slowly raise your abdomen off the ground, keeping your feet firmly planted, hold for a few seconds and slowly lower down. Repeat 10 times. You can increase the load on your hips by resting a weight on each side.

FOR YOUR WRISTS AND ARMS

Grab a couple of tins from your kitchen cupboard or use hand weights. With your arms bent at right angles at the elbows and your palms facing upwards, curl the cans up towards you and then back down using only your wrists. Repeat 10 times. Turn your palms to face the floor and repeat the exercise 10 times.

Next, stand facing a wall, about 50cm away with your feet slightly apart, your arms bent at the elbows and your hands at shoulder height, palms to the wall. Lean your body forwards towards the wall, bending your elbows in a continuous movement. Push your body back to the start position. Repeat 10 times.

Find more exercises by downloading the National Osteoporosis Society's free booklet from nos.org.uk/resources.

THE NEW THINKING ON DIET.... Soak up some sun

Of course calcium is important - it's a vital component of bones - but your body also needs vitamin D to use it effectively. The best source of vitamin D is sunshine. 'If you are eating three portions of dairy foods each day you are probably getting enough calcium - it's lack of vitamin D that may be the issue for many people,'

> savs Professor Susan Lanham-New from the University of Surrey and the National Osteoporosis Society. Studies show that half of us have low vitamin D,

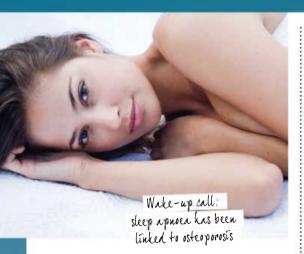
and one in six is deficient during Winter and Spring, when we don't get enough sun. Eat a vitamin D-rich diet (oily fish, eggs, fortified cereals) and spend 10 minutes outside, without sunscreen, a couple of times a day between May and September, ensuring that you do not burn.

Eat the right greens

As well as milk, cheese and yogurts, soya products, fish with bones like whitebait and tinned sardines and salmon, beans and green vegetables are all good sources of calcium. But choose carefully - some calcium-rich vegetables like spinach, watercress, Swiss chard, parsley and beets also contain oxalic acid, which blocks uptake of calcium by the bones. Opt for kale, spring greens and broccoli instead. Get your calcium from food rather than supplements unless your doctor suggests them.

Balance your body

You need seven to nine portions of fruit and veg a day to maintain your body's acid/alkaline balance. Our Western diet, which is rich in animal protein and cereal grains, can make our bodies too acidic, causing calcium to be leached from the bones. Although we associate fruits with acidity, fruit and vegetables in fact create an alkaline residue and are also a rich source of potassium. Recent research at the University of Surrey has found that potassium plays an important part in bone health by reducing the excretion of calcium and slowing bone breakdown. 'It's still too early to recommend taking potassium supplements, but we can say with certainty that if you make your diet more alkaline - by eating more fruit and veg - you will lose less bone,' says Professor Lanham-New.



THE NEW THINKING ON LIFESTYLE Sleep but don't snore

Sleep apnoea, where your body is temporarily deprived of oxygen many times during the night, could increase the risk of osteoporosis. People with the condition typically snore very loudly and often suffer from headaches and daytime drowsiness. Researchers found that people suffering from obstructive sleep apnoea were 2.7 times more likely to get osteoporosis. See your GP if you're concerned.

Beat the bone busters * WATCH YOUR WEIGHT

Think slim, not skinny, when it comes to bones – in fact you're better off being a bit overweight rather than underweight. If your BMI is 19 or less, you are more likely to suffer from fragile bones.

CUT THE SALT

Too much salt can lead to calcium being lost from bones. And diet-related high blood pressure – also caused by too much salt – can speed calcium loss even more.

❖ KEEP TO JUST ONE OR TWO GLASSES

Too much alcohol damages bones by interfering with the absorption of calcium and vitamin D. It may also deplete oestrogen levels, increasing the rate of bone turnover.

♦ IF YOU'RE A SMOKER, GET HELP TO QUIT

Studies show a direct link between cigarette smoking and decreased bone density, and there's growing evidence that smoking also increases the risk of fracture. The longer and more you smoke, the greater the risk of fracture, but when you quit, your bone mass and fracture risk start to improve.

KNOW YOUR RISK

While the biggest risk factors are age, sex and your family history (remember to check out your dad's bone health, too), certain health problems – and their treatments – should ring warning bells as well. You are more at risk if you:

- ♦ Had an early menopause or hysterectomy (before 45) and weren't prescribed HRT to protect your bones
- ❖ Have rheumatoid arthritis, type 1 diabetes, inflammatory bowel or coeliac disease or thyroid problems
- * Have had an eating disorder causing severe weight loss
- ❖ Have taken steroids for more than three months
- ❖ Have had breast cancer. Treatments that stop the ovaries from working, lowering oestrogen levels, can lead to a reduction in bone density. In premenopausal women, tamoxifen may cause a slight increase in bone loss but taken after the menopause it can slow down the process of bone loss. Aromatase inhibitors such as anastrazole or letrozole reduce the amount of oestrogen circulating in the body, which may lead to a reduction in bone density.

WHEN TO TALK TO YOUR DOCTOR

SEE YOUR GP IF...

- You have recently broken a bone.
- ❖ Your risk is increased by family history, medication or an ongoing health problem.
- You've lost height. Until recently, post menopausal women at risk of osteoporosis were referred for a DXA scan, but many people with higher than normal measurements still suffer fractures. What's more important is how likely vou are to break a bone. Fracture risk can be more accurately assessed by looking at all the risk factors involved - such as age, family history and lifestyle. Your doctor can use a fracture risk assessment tool called FRAX (shef.ac.uk/ frax), and you may be offered a bone scan if it shows your risk is close to the level at which treatment might help. You can check your risk using the National Osteoporosis Society's online tool at stopatone.nos. org.uk/online-check.

HOW BONES WORK

Although we don't tend to think of bone as a living, growing tissue, it is alive and constantly changing. Throughout life, worn-out bone is broken down by cells called osteoclasts, and replaced by bone-building cells called osteoblasts.

Your body builds bone, which gets denser and stronger until it reaches its peak mass around 25. The more bone you have at this point, the better protected you will be against osteoporosis and broken bones later on. From your mid-30s, the breakdown happens faster than the rebuilding and you gradually start to lose bone, although it's not until menopause that the loss accelerates. Oestrogen plays a key role in keeping your bones strong by inhibiting bone breakdown, so when oestrogen levels fall, bone loss increases dramatically - you can lose as much as 20% of your bone in the five to seven years after menopause. And recent research suggests that if you suffer badly from hot flushes and night sweats you are more likely to have problems with your bones.

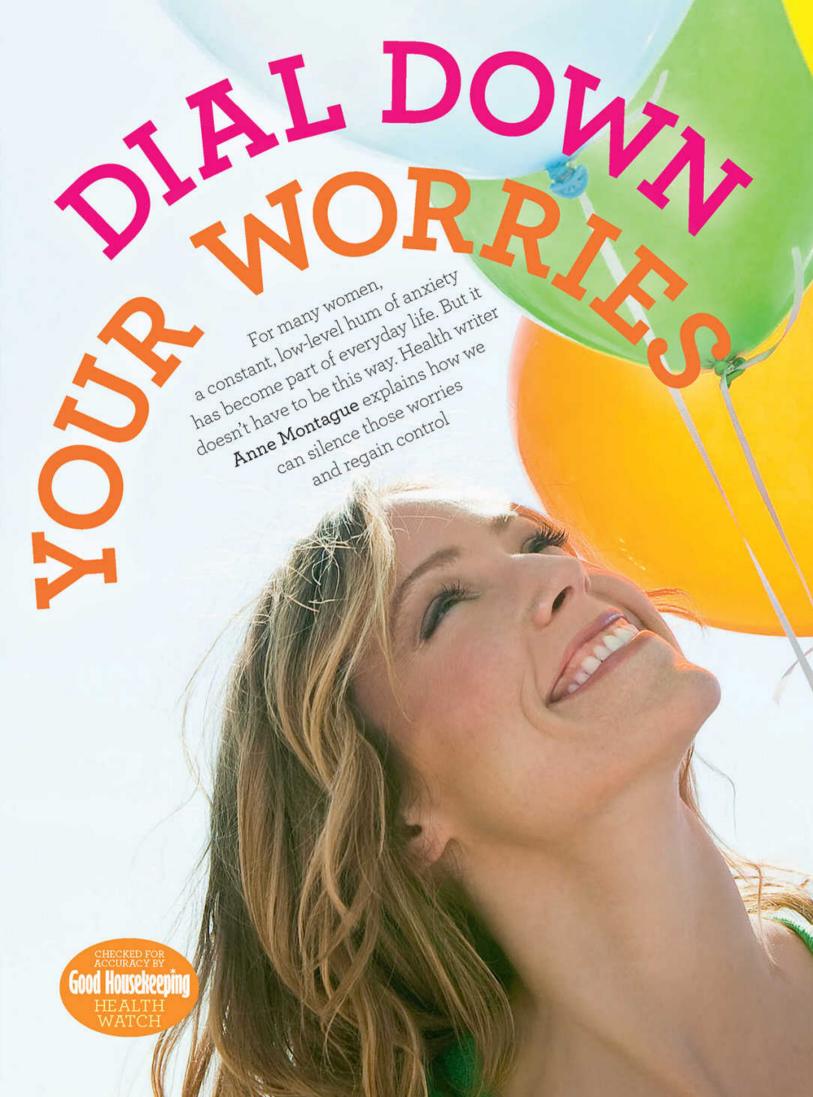
When it comes to bone health there are some things you can't control – being female, getting older and having a family history of osteoporosis are the biggest risk factors. As much as 80% of your bone health is genetically determined, but that doesn't mean that if your mum had osteoporosis you will as well. By taking the right steps you can tip the balance back in your favour.



BE INSPIRED AT HARVEYS

Effy sofa from £699, shown with the Sicily rug £349.

Harveys the furniture store





t started innocently enough. Woken at 2am by burning chest pain, my first thought is indigestion. But I don't get indigestion - I never have. A heart attack? I crawl out of bed and log on to the NHS website. My symptoms don't fit, and after a horrible half hour the pain subsides. The next night it happens again. Panicked, I swallow a handful of antacids. The pain persists, and now I can feel a lump in my throat and it's there day and night. My GP prescribes treatment for acid reflux. It doesn't work so he tries something else. The more I Google, the more symptoms I notice.

I self diagnose cancer, even though I'm too young, too fit and don't have a single risk factor. I go back to my GP who says the words I've been dreading: 'I'm sending you for an endoscopy'. My anxiety is off the scale. I think of nothing else. I can hardly eat, don't sleep, and spend my days checking my body and obsessively Googling.

Fast-forward six miserable weeks to the endoscopy, which reveals... absolutely nothing.

'All clear, looks perfectly healthy,' the gastroenterologist tells me cheerfully. 'Maybe you need to do something about your stress levels.'

obsessively Googling' to googling' that I am

Until that point, I'd never thought of myself as an anxious person – or realised how many of us there are. Anxiety UK says that at least one in 10 of us is affected by anxiety, and women are more vulnerable than men. My brief trawl of the internet turned up dozens of forums where desperate people seek relief from the worry that plagues them. Anxiety about health is a big one, but many more suffer generalised anxiety, chronic worrying about anything and everything, and social anxiety, where even the thought of everyday social situations is crippling.

Why do we worry so much?

There's nothing wrong with anxiety – in fact, we need it for survival. 'It's a normal,

universal response and not necessarily a bad one. When we're faced with something that's threatening or difficult, it can be motivating and energising. The problems arise when the dial is turned up too high and too often, because while a little worry can be useful, too much can be paralysing, says psychologist Noemi Viganó, from online therapy service Silver Cloud Health. When anxiety spirals out of control you can become trapped in a chronic cycle of catastrophising. And when you are only able to imagine the worst-case scenario, and constantly monitoring your body for illness or your

'I can

hardly eat,

don't sleep,

and spend

my days

checking

my body

and

life for potential disasters, the world starts to feel like a very dangerous place indeed.

It's not clear why some people sail cheerfully through life's ups and downs, while others become stuck on the hamster wheel of worry.

Experts say that childhood experiences may play a part. Too many life stresses can tip the balance, triggering chronic anxiety in someone who is already vulnerable. In my case it felt pretty clear. As a full-time working mum with a partner who travelled a lot for work, I felt over-responsible

for everyone and everything. Add the fact that I am a health writer who knows both too much and too little, and you have the perfect recipe for anxiety.

Experts say there is another key element, and that is how we cope with uncertainty – whether it's in our health, our finances, work or relationships. 'People's ability to tolerate uncertainty correlates almost exactly with their tendency to anxiety,' explains Rob Willson, co-author of Overcoming Health Anxiety. Faced with uncertainty, an anxious person will immediately wonder 'what if' and move rapidly to the most negative outcome. In the ever-increasing cycle of worry, what if it happens rapidly becomes when it happens.

It becomes a vicious circle and, perversely, the things we do to try to relieve anxiety can actually exacerbate it. So the more you check out your symptoms

What makes it even harder is that anxiety itself can trigger a range of powerful physical symptoms. You'll be familiar with some of them - a racing pulse, palpitations, headaches, feeling shaky - but there are dozens more.

ls your anxiety spiralling off the scale?

- ❖ Do you spend more than an hour a day worrying about your health or other issues?
- ❖ Is the anxiety severe enough to interfere with normal life and hold you back from doing things?
- ❖ Do you regularly feel restless, on edge, jittery and unable to relax?
- ❖ Do you suffer from sleep problems, palpitations, feelings of panic, shortness of breath, dry mouth, numbness or tingling in your hands or feet, cold or sweaty hands or feet?
- Does reassurance only provide temporary relief before the anxiety sets in again?

If you answered yes to one or more of these, you should address your anxiety levels. Try these steps, or see anxietyuk.org for more help.

Seven steps to ...

TAKE BACK CONTROL

Is the problem solvable?

⊥ If you are worrying about something practical rather than an imaginary 'what if', you can take steps to address the problem. The best antidote to anxiety is action. If it feels too overwhelming to tackle it all at once, break it down into manageable chunks. If your worry is about something hypothetical, take these steps to change your behaviour.

Focus on facts

Try to consciously step back and challenge worrying thoughts. Write down the details and look at the evidence. Ask yourself: Is this thought true, or likely to happen? How could I think about this

differently? What would I say to a friend in this situation? What would a friend say to me?

Write it down

Jot down how you feel, what you are thinking and what triggered it. Seeing it written down can provide perspective and helps you see things more realistically. And looking back at how certain situations or people affect you can reveal patterns that can help you get on top of your anxiety.

> Put off anxiety
> Telling yourself to stop worrying may make it worse. Accept you'll be anxious

let the anxiety run free, but set a time limit. If worries come

and schedule in a time to

into your head before then, write them down, put them away and save them for your worry space. This starts to break the habit of giving in to anxiety and can help you realise you have some control over your worrying.

Do what works

Try to pinpoint times when you manage not to feel anxious, and identify what enables you to do that whether it's talking to a

friend, listening to the radio or going for a walk. When you notice anxious thoughts, schedule them for later and distract yourself.

Burn off the adrenalin with exercise

Stress and anxiety keep your body in a state of high alert - exercise helps combat this by burning off adrenalin,

relaxing muscles and triggering the release of endorphins.

Control your breathing

Focusing on your breathing helps distract you from anxious thoughts and can short-circuit your body's anxiety response by activating your calming parasympathetic nervous system.

Sit somewhere quiet and comfortable. With your hands on your abdomen, breathe in slowly for a count of five, feeling your hands rise. Then breathe out as slowly as is comfortable, counting the breaths as your tummy flattens. Concentrate on breathing slowly in and out, counting or focusing on a word or phrase that helps you relax.

'It was hard work, but the more I faced it, the better it got'



A bad reaction to painkillers kick-started 37-year-old Karen Law's anxiety:

'I was on the Tube at the time. and immediately afterwards found I couldn't travel - I was too worried I would have a stroke or a heart attack. I couldn't go out, even to work. I would feel dizzy, sweaty and shaky, which I now know are classic symptoms of anxiety, but for me it was

confirmation that I was seriously ill. When I ended up in hospital and they told me my symptoms were caused by anxiety, I didn't believe them. I work in healthcare, so I'm aware of all sorts of rare diseases and know that sometimes health professionals get it wrong. My overwhelming anxiety was that I would need emergency help and there would be no one there for me. I didn't want to take medication, so I was referred for

therapy. I started writing in a diary, which helped me to identify the times when I felt particularly anxious - being on the Tube or driving. With the help of my therapist and my partner, I managed to start facing those situations. It was hard work, but the more I faced it, the better it got. I'm back at work now and I've just booked a holiday - two years ago I could never have imagined I would be able to do that'.

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smartest ways to overhaul your diet and eat more healthily. And we've added a menu for a day that ensures you get your recommended amounts of vitamins and minerals

Get breakfast sorted the night before

If you're among the one in four people who skips breakfast at least once a week to 'save time', then think again: you're twice as likely to go on to consume an extra 252 calories in snacks a day, according to a recent survey. The solution is to prepare breakfast the evening before: mix oats with grated apple and milk or yogurt - the liquid stops the apple from going brown - then add a few sultanas and almonds, cover and refrigerate overnight. It will happily keep for a couple of days.

Don't waste time peeling carrots, potatoes or apples. There's so much goodness and fibre there - and think of the time you'll save. An apple skin contains about half of its total fibre and a third of its vitamin C, plus high levels of quercetin, an antioxidant that helps lung function and eases breathing. Potatoes in their skin contain almost twice as much vitamin C, iron and calcium as peeled potatoes.

Stock up on healthy convenience foods

Quick, no-compromise food: create a healthy

Some processed foods can be as good for you as fresh ones. That's the conclusion of a review that found that many tinned fruit and veg contain the same amount of fibre and nutrients as their fresh equivalents. Beta-carotene, which the body converts to vitamin A, is more readily absorbed when food is heated. Look out for bagged salad, frozen fruit and veg, tinned fish, beans and lentils, heat-to-eat rice and noodles, too.

Save time by cooking a meal now and one for later. Making double the quantity of soups, hot pots, curries and even pasta sauce is a great way to get ahead for those days when you're too busy to cook from scratch. Simply freeze extra portions or use the next day. Grilling fish? Cook an extra fillet for a sandwich, wrap or salad the next day. Making Bolognese? Cook extra and serve over a jacket potato. Leftover veg can be turned into a speedy soup.

Cook once, eat twice

LUNCH ON LEFTOVERS

Lunching on leftovers not only saves time spent queueing at the sandwich shop, but could be healthier for you than the original meal. It sounds too good to be true, but reheated pasta is less fattening than freshly cooked. According to Surrey University researchers, some of the carbohydrate turns into 'resistant starch', which means it isn't digested and fewer calories are absorbed. Reheated pasta produces a smaller rise in blood sugar, reducing the chances of putting on weight or developing type 2 diabetes. The same goes for leftover rice. Scientists have shown that cooking rice with 1tsp of coconut oil then refrigerating it for 12 hours more than halves the number of calories absorbed by the body. But make sure you cool the rice quickly - otherwise food poisoning bacteria may multiply.

PREP FOR THE WEEK

No need to spend a whole day cooking in batches - just one hour at the weekend preparing your veg will make midweek cooking a breeze. Chop onions, carrots and peppers, then store in containers in the fridge. A study at Cornell University's Food and Brand Lab showed you're more likely to eat them if they're at eye level rather than in the salad drawer at the bottom of the fridge.

GO FOR FROZEN

New data presented at the Academy of Nutrition and Dietetics conference showed those who ate frozen meals ate 253 fewer calories, 27% more fibre, and more vegetables and wholegrains compared with those who ate fast food. Worried it's not as healthy as fresh? Research suggests frozen fruits and vegetables may actually contain more vitamins than fresh, particularly if they are frozen soon after harvesting. In 2013, scientists at Leatherhead Food Research found the nutrients in frozen broccoli, berries, green beans, peas, spinach, sweetcorn and cauliflower contained higher levels of vitamins and antioxidants than those that had been stored in the fridge for three days (and, let's be honest, you've probably had some fruit and veg in the fridge for longer than that).

Sidetrack the salad

Too busy to chop and eat salad every day? One brilliant solution is a green smoothie, made by



combining fruits with mineral-rich greens such as kale, spinach and lettuce, or celerv and cucumber. Put them into a blender or the latest must-have gadget: the Nutribullet. Its 'core' recipe is the Nutriblast - a combination of 50% greens and 50% fruit, plus 2-4tbsp nuts, seeds or other supercharged food. Not only is it faster than preparing a salad, but you'll consume your greens quicker than if you had to crunch your way through them.

GET IT DELIVERED

you tend to do your food shopping on an empty stomach at the end of the day, it's time to get it delivered. In one study from Cornell University, shoppers bought 45% more high-calorie foods when they were hungry.

After the initial time spent tapping in your grocery list when you order online, you can use the same order each week, saving you precious hours in the supermarket. You're also more likely to stay focused and order only what you need.

can save time

LOVE 'ONE-POT' MEALS

Save time by using just one pot or pan think casseroles, stews and stir-fries. They're easy to make, leave fewer dishes to wash up and usually freeze and reheat well. Get serious by investing in a slow cooker. The night before, prepare healthy ingredients for a stew, put them into the pot and refrigerate. In the morning, transfer the pot to the slow cooker and turn it on before you leave the house. Voilà! You have a healthy meal that has practically made itself.

A healthy day

Get all the vitamins and minerals vou need for around 1.900 calories.

BREAKFAST

Overnight oats

- ◆ 40g (1½oz) oats
- ♦ 1 grated apple
- ◆ 125ml (4fl oz) milk or yogurt
- ♦ 1tbsp sultanas
- ♦ 1tbsp almonds

Mix together, cover and leave overnight in the fridge.

MORNING SNACK

- ♦ 25g (about 18) cashews
- ♦ 1 banana

LUNCH

Pasta, Avocado and Tuna Salad

- ◆ 175g (6oz) cooked wholewheat pasta
- ♦ 50g (20z) tinned tuna
- ◆ 75g (3oz) cherry tomatoes
- ♦ ½ avocado, sliced
- ♦ 50g (20z) rocket
- ♦ 2tsp mayonnaise

Mix all the ingredients together.

AFTERNOON SNACK

- ◆ 170g pot Total 0% Greek Yogurt with Strawberry
- ◆ 125g (4oz) blueberries, strawberries or raspberries

DINNER

Prawn and Vegetable Stir-fry Heat 2tbsp sunflower oil in a wok or large frying pan. Add **1 chopped** garlic glove, 4cm (1½in) finely chopped fresh root ginger and 1/4 finely chopped red chilli. Fry for 1min, then add 2 carrots cut into batons and 1 thinly sliced red pepper. Cook for a further 1min, then add 200ml (7fl oz) hot vegetable stock. Simmer for 5min until veg are nearly cooked. Stir in 200g (70z) raw prawns, 4tbsp soy sauce and 3tbsp sweet chilli sauce. Heat through until prawns are pink and piping hot, about 5min. Cook 175g (6oz) medium **noodles** according to pack instructions. Drain, then add to the prawn pan and toss together. Divide among four bowls and top with some chopped coriander and 25g (1oz) chopped roasted peanuts. Serves 4.

All together now:

a meal in a pot



Always Discreet Liners and Pads have an 'ultra' thin absorbent core that turns liquid into gel. So even though they are up to 40% thinner* than the leading brand, they still absorb 2x more than you may need.**

Also available in Underwear.

PROBLEM SHARED

with Professor Tanya Byron

Pear Tanya My son's leaving... how can I stop feeling lost?

Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

My only child is preparing to go to university. We've always been close, and I'm so proud of his achievements, but I can't help feeling sad that his uni is nearly 200 miles away. I'm also worried about how him leaving will affect my marriage, as his dad is a workaholic who's too busy to come on holiday or share any hobbies with me. I'm scared I'll end up lonelier than ever, but I don't want my son to feel guilty. Can you help me feel more positive about my boy going away?

ANYA SAYS

As a mother facing the same issue, I totally empathise with your feelings. My daughter, Lily, is also about to

leave for university. When she was born, my mother told me that my role was to prepare her to leave me. As I held my new daughter in my arms, I found this a difficult concept to embrace. But now, 20 vears later. I understand what she was saying. We are so proud of our children and happy for them to take their next step in life, but also sad to lose them.

ORTRATI OF TANYA; JOHN SWANNELL, TANYA WEARS JUMPSUIT, SOFIE D'HOORE, NECKLACE, MANGO, HAIR; PETROS MAIROUDHIOU AT TREVOR SORBIE. MAKE-UP; GINNI BOGADO AT CAROL HAYES, STYLING; JILLIE MURPHY

This is a huge transition, and it will take time for you to process the many feelings involved. You will probably shed some tears along the way, and that is normal.

However, there is another issue: your sense that, without your son, your life and marriage will lose meaning and purpose. This is not uncommon - in many families with a traditional gender split, where one parent focuses on supporting the family financially and the other is more involved in childcare and running the home, the departure of a child challenges these roles. As your son moves out, you will feel a real shift in your role and identity. To give your

life a new rhythm and purpose, your husband's focus will need to change, too.

See this as a new chapter for all of you - as your son forges his independence, you and your husband have an opportunity to rekindle your relationship. This can be exciting, but also daunting. Your son

leaving could expose cracks in your marriage that need to be looked at and understood. and you will have some work to do as a couple.

I advise you to discuss your feelings and fears with your husband. This may be lead to some difficult discussions, as his way of coping with your son's departure could be to bury himself deeper in his work. While you feel that your husband has put work before family, he may feel his

withdrawal is a result of feeling pushed away by your devotion to your son. It may be useful to contact relate.org.uk for some support to navigate uncomfortable issues. Ultimately, this path may lead to a place where you and your husband can find each other again.

It is crucial that your son does not feel

responsible for your happiness. If he senses he is leaving you feeling rudderless and without purpose, he won't feel positive about this next step in his life. For his sake as well as yours, I urge you to look upon this as a chance to develop other parts of yourself. Is there a course you have always

> wanted to do, or skills you want to develop? Do you have goals that have been put on hold? Your son will benefit from seeing you embrace the future. too, and you can both move forward with confidence.

Your son leaving for university is testament to your devotion and nurturing as his mother. You have enabled him to know his own mind, have an appetite for learning and personal development, and the skills to make his own way

in the world. You gave him roots in his family, but also the wings to fly. The truth is our children never really leave, and they although your son is forging new ground is irreplaceable.

do come back. Remind yourself that and making new relationships, he will always come back to this one, which

Want to ask Tanya a question? Email ghasktanya@hearst.co.uk or write to: Ask Tanya,

Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are usually unable to respond to letters individually.

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HEALTH NEWS

This month's round-up of the latest issues

Game changers to boost your memory

n our hierarchy of health worries, how to ward off dementia is right up there. This disease is now the leading cause of death in women, but until recently all we've had to go on are studies suggesting fish oils, coffee, blueberries and morbid obesity (yes, you read that right) may lower our risk.

But now a controlled trial of 1,200 people vulnerable to the disease has found five key lifestyle changes that really do make a difference. The vital brain-boosters are exercise, nutrition, brain training, group activities and measures to prevent heart disease, which can trigger vascular dementia. Together they sharpen thinking, speeding up processing and improving memory, planning and problem-solving. But you have to sign up for the whole package. 'It's the combination that's likely to be beneficial,' says dementia neuroscientist Dr Liz Coulthard of Bristol University.

As for the protective effect of morbid obesity - a finding that amazed scientists



- only super-fit heavyweights are likely to survive long enough to have dementia. 'The take-away message is actually to avoid being skinny, as that appears to raise the risk,' says Coulthard. And that's one piece of advice almost everyone can follow.

Natural ways to heal fast

he right exercise at the right time can often fix health problems faster than resting up. So if you're struggling, these simple interventions could help:

- Sore knees? Consistently strengthening and stretching muscles in the lower body can relieve pain from cartilage damage in a month, according to a report by Harvard Medical School.
- ◆ Back issues? Pilates speeds recovery, while a specialised yoga course (yogaforbacks.co.uk) can reduce sickness absences by 75%, according to a trial for Arthritis Research UK.
- ◆ Breathing problems? Try singing to control breathing, plus aerobics and resistance training to strengthen the lungs.
- ♦ Feeling down? New studies show exercise blocks depression by making the brain more resilient to stress. And the good news is that you don't have to go flat out - a 30-minute moderate intensity workout should do the trick. Do talk to your GP first if you

have an existing

medical condition.



FEATURE: LINDA GRAY. PHOTO GRAPHY (POSED BY MODELS): GETT

DID YOU KNOW?

Sitting for too long can make your bottom expand. It's not just inactivity that's, ahem, behind it. It's because pressure increases the size of fat cells by 50%, say scientists in Tel Aviv. A sedentary lifestyle is bad for our health, so maybe the lure of size 12 jeans will get us moving when the doctors' warnings fail!

WAYS TO IMPROVE YOUR FAMILY'S HEALTH IN SEPTEMBER

Talk to the hand. Gesturing helps us learn a language faster, a new study

has found good news for adults embarking on French conversation or teenagers with

their eyes on Give language learning a university. helping hand

Go easy on bleach. Regular use is linked to an increase in childhood infections according to EU research. It's thought bleach may inflame the lungs, making it easier for illness to take hold.

Eat Scandistvle. Norse nosh, such as oily fish, rapeseed oil, berries and wholegrains, has been shown to lower cholesterol and halt the early signs of diabetes. Skol!

Help thin skin. Skin tears caused by everyday knocks are an increasing problem in elderly people. Padding can help: check out Dermatuff protective sleeves and socks, which incorporate Kevlar, used for body armour.

Break out the bright pencils. Buy an adult colouring book, like Millie Marotta's Tropical Wonderland, and discover how active meditation can soothe anxiety. It's cheaper than a prescription and side-effect free.





Come cook with us!

Learn hands-on cooking skills from our expert team in the heart of London. Whether you're keen to learn the basics or an experienced home cook wanting to extend your repertoire, there's a course for you, featuring Good Housekeeping Triple-Tested recipes



is something for everyone at The Good Housekeeping Institute Cookery School. Half-day courses cost just £90; full-day courses are £180. See the full class schedule and book online at goodhousekeeping.co.uk/institute/cookery-school or call 020 7439 5500 to speak to Alex, our Cookery School Manager.

*BT landline calls are charged at the standard rate; calls from mobiles and other networks may cost more

Good Housekeeping - teaching the nation to cook since 1922

Good Housekeepin



ASK SARAH

Dr Sarah Jarvis answers your health questions this month

◆ Underactive thyroid ◆ How to avoid head lice ◆ Five anti-cancer foods

Will my children inherit this?



I have an underactive thyroid. My mother and grandmother also had the condition, but my brothers don't. Are my son and daughter likely to be affected, too?

Want to ask Sarah a question?

Email ghasksarah@hearst.co.uk or write to Ask Sarah, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are unable to respond to letters individually.

Your thyroid gland (about the size, shape and position of a bow tie at the front of your neck) is the most important organ controlling your metabolic rate. An underactive thyroid can cause tiredness, weight gain, constipation, hoarse voice, dry skin and feeling cold. Underactive thyroid, or hypothyroidism, affects about one in 50 women, compared with only one in 1,000 men, and is usually caused by an autoimmune problem. Some medicines, including lithium (used to treat bipolar disorder) and amiodarone

(for heart rhythm disturbances) can bring it on. Low iodine is the most common cause of hypothyroidism worldwide. It was assumed that we got enough iodine from our diet (milk, eggs, white fish and shellfish are good sources) but recent research suggests that pregnant women in particular, who need higher levels of iodine, may be at risk of deficiency.

Hypothyroidism is treated with lifelong replacement of thyroxine using tablets, and most people find their symptoms improve within weeks of starting treatment. It's important to be aware of a recurrence of similar symptoms in future, and to go back to your GP for another test if they return.

One in 40 women develops underactive thyroid during pregnancy, so tell your daughter to mention her family history to her GP if she's planning to have a baby.

Lots of autoimmune conditions run in families, and most are more common in women. They include rheumatoid arthritis, lupus, coeliac disease, multiple sclerosis and also an overactive thyroid. So your son is much less likely to be affected.

OUR HEALTH PROMISE

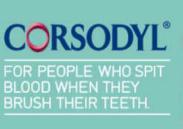
No fluff, no crackpot theories or bad medicine. Health articles in Good Housekeeping are always double-checked for accuracy by a leading expert from the GH Health Watch team.





TREAT GUM DISEASE IF YOU HAVE IT

teeth, it could be an early sign of gum disease, a leading cause of tooth loss. Both Corsodyl Mint Mouthwash and Corsodyl Toothpaste are clinically proven to help stop bleeding gums. So if you spit blood in the sink when you brush your teeth, use Corsodyl.







SARAH: NICKY JOHNSTON. ADDITIONAL PHOTOGRAPHY: GETTY. CONDITIONS AND TREATMENTS VARY FROM PERSON CONSULT YOUR GP ABOUT ANY SPECIFIC CONCERNS AND BEFORE FOLLOWING MEDICAL ADVICE ON THIS PAGE





My child is about to start school and I've heard horror stories from friends about how common nits are in the early years. How can I cut our chances of getting them?

To minimise problems with head lice, use a detection comb every week or so on the whole family. Wash hair normally, apply conditioner and comb through. Then use a fine-toothed detection comb (from your pharmacist) to comb through the whole head of hair from scalp to hair tips, dividing the hair into sections and working systematically to make sure you comb it all. Rinse the comb out in water after every stroke and look for brown/black insects a few millimetres long floating in the water. Wash out the conditioner and ideally repeat the process on wet hair in case you missed any.

If you do see live lice, you can try getting rid of them

with a detection comb if you want to avoid chemicals. Repeat the same process every four days until you've had three sessions clear of lice - while each session should remove all live lice, it won't get rid of unhatched eggs.

There are four recommended chemical options for treating head lice - dimeticone (Hedrin); Full Marks Solution; Malathion liquid; and coconut, ylang ylang and anise spray (Lyclear Spray Away). They all need two treatments, seven days apart. There are shampoo, mousse and crème rinse versions available, but they don't appear to work as well as liquids. Treat everyone with lice in the household at the same time.

SARAH'S ADVICE... for an anti-cancer diet

With headlines suggesting around half of us will get cancer in the future, can you stack the odds in your favour with lifestyle changes? Eating more fruit, veg and fibre goes without saying, but there's also clinical evidence to back up other diet changes:

It's not strictly a diet vitamin, but in studies, people with higher levels of vitamin D had a lower risk of getting colon cancer and better outcomes if they did get it. If you can't get enough through safe sun exposure, consider a supplement.

Different foods seem to affect different cancers. ■ To find out more, log on to dietandcancer.co.uk.

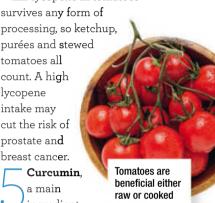
A high intake of green tea could cut your risk of breast, prostate, gullet (oesophageal), stomach and bowel cancer. It may be down to high levels of a chemical called catechin,

which could block the growth of tumour cells.

For most foods, raw or barely cooked is best, but lycopene in tomatoes survives any form of processing, so ketchup, purées and stewed tomatoes all count. A high lycopene intake may cut the risk of prostate and

Curcumin. a main ingredient

in turmeric, could cut liver, pancreas and breast cancer.





PROTECT YOUR GUMS

The Corsodyl Daily range is specifically designed to help maintain healthy gums as part of your everyday routine. After all, where would your teeth be without your gums?

Find out more at www.corsodyl.co.uk









Help to inspire a lifetime of body confidence by sharing your wisdom in Bio-Oil's Body Philosophy campaign

hat would you tell your 14-year-old self? 'You're beautiful' would be a reassuring start. Whether we're worried about acne, scars, stretch marks or wrinkles, feeling self-conscious starts in our teens and never seems to fade away.

A survey by skin treatment Bio-Oil has found that 53% of women* wish they'd been more confident as teenagers. And when we look back at pictures of ourselves, we often wonder why we worried - we were gorgeous!

This is the thought behind Bio-Oil's Body Philosophy campaign – a mission to inspire a lifetime of confidence by asking you to share your personal take on being body confident.

Perhaps it's something you learnt from your mother, or maybe something you wish you'd known when you were younger? Bio-Oil would love to know. It's working with charity Body Gossip to take advice on feeling body confident into schools across the UK. Help us spread the word!

TELL US YOUR TIPS TO WIN £250**

Share your body philosophy for the chance to win one of two vouchers from Love2Shop, each worth £250. Plus, 10 runners up will receive a bottle of Bio-Oil. Visit mybodyphilosophy.co.uk to discover other women's words of wisdom and to share your own – or tweet us at #mybodyphilosophy

'When we look back at pictures of ourselves, we often wonder why we worried'

Bio-Oil is formulated to maximise the skin's elasticity, combining vitamins A and E, calendula, lavender, rosemary and camomile, plus PurCellin Oil™. It has been clinically proven to help with scars, stretch marks, uneven skin tone, ageing and dehydrated skin.



ONE POLL SURVEY COMMISSIONED BY BIO-OIL OF UK FEMALES AGED 25+, WITH 2,000 RESPONDENTS, FEBRUARY 2015. **FOR FULL TERMS AND CONDITIONS VISIT MYBODYPHILOSOPHY.CO.L

Give yourself a youthful smile

t can make you look five years younger, and costs less over time than regularly colouring your hair. No wonder interest in tooth-whitening is soaring, say experts. But years of coffee swilling and tartar build-up leave marks that DIY home whitening kits and toothpastes, limited to just 0.1% peroxide, find hard to shift. And as the Good Housekeeping Institute reported last year, when it asked an independent dental expert to evaluate 17 high street brands, some are very acidic, or rely on abrasives, both of which can increase sensitivity and strip enamel. It's one reason why dentists, who use more

powerful products, are now the only people allowed to provide true tooth whitening - reassuring if you're in midlife when enamel erosion and sensitive gums are more common. Aesthetics can be trickier then, too, as crowns and fillings don't react to bleach, though veneers can be lightened from behind. Laser whitening leaves teeth gleaming in an hour, but using bleach in trays for a couple of weeks is more effective, adds dental whitening expert Linda Greenwall. Costs vary, so ask for a written treatment plan and price estimate first.





Will something as simple as taking aspirin every day improve my health? I've heard it can help prevent heart attacks.

Taking just 75mg of aspirin a day has been found to cut the risk of bowel cancer and stave off heart attacks. But as aspirin can also trigger stomach bleeding and haemorrhagic stroke (which may be lethal),

FEATURE, IUNDA GRAY, PORTRAIT OF JOANNA-, GRANT SAINSBURY/HEARST MAGAZINES UK. ADDITIONAL PHOTOGRAPHY (POSED BY MODELS); GETTY. CONDITIONS AND TREATMENTS VARY FROM PERSON TO PERSON, CONSULT YOUR GP ABOUT ANY SPECIFIC CONCERNS AND BEFORE FOLLOWING MEDICAL ADVICE ON THIS PAGE.

you're generally healthy. But a recent study of 38,000 women found that the

benefits only outweigh the risks if you're 65-plus. That's not because you're less likely to suffer from internal bleeding - it's simply that the threat of cancer and heart disease increases with age. Though it seems simple - take aspirin, beat cancer - it's a much more complex decision than you might think, and one to discuss with your GP.

HOW SHE DOES IT!



JOANNA LUMLEY. 69, sees age as a

reason to celebrate. 'I secretly enjoy getting older and find the changes fascinating,' she says. I wear lashings

of make-up but I don't do anything special. I use Astral on my face, take Imedeen skin tablets every day and cut my hair myself. My job is in front of the cameras so I need to look healthy and keep a middling weight. But I don't worry about ageing.'

Stay holiday happy

Two-thirds of us feel low after returning from a break. Here's how to lift your spirits



New research shows that sunshine creates endorphins, and too little can make your mood plummet. Help to keep it stable by getting 20 minutes of natural light every day.

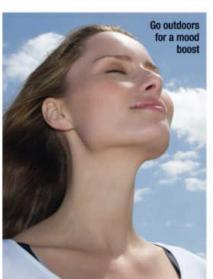
■ Relish what you've missed

- your own bed, good friends, a proper cup of tea. You'll experience gratitude and

> mindfulness. two sure-fire ways to boost happiness.

Focus on one thing.

One in five of us makes mistakes at work in the first week back, according to a recent survey. As multi-tasking gets more difficult with age, tackle the urgent tasks first!







in the 25 years I've been writing about beauty...

I've investigated many a miracle cream, age-defying gadget and cosmetic procedure. Beauty technology is amazing, and can now achieve what, 25 years ago, was just a twinkle in a scientist's eye.

When it comes to great skin, I'm looking for the Next Big Thing as much as the next woman – but I'm still a believer in the basics I learnt a long time ago. These include gentle cleansing, which means limiting harsh soaps, stripping cleansers and gritty scrubs. And you don't have to spend a fortune, either. Simple Micellar Cleansing Water, £4.49, and Micellar Cleansing Wipes, £3.99, La Roche-Posay Make-up Remover Micellar Water Gel, £12.50, and Vichy Beautifying Cleansing Micellar Oil, £13.75, are all great choices.

Then there's sunscreen. We all know to wear at least an SPF15 every day, but I've also come to the conclusion that being nut brown (unless you're naturally that shade) looks really ageing, especially with bleached highlights. Sunkissed and *bronde* (brown meets blonde) is the way to go if you want that look and want to appear youthful.

I've also learnt that exercise benefits skin as well as body and mind. There's a huge difference in skin radiance between a woman who works out or walks regularly and one who doesn't. I love dynamic yoga – the yoga glow is not a myth – and it is great for lowering stress levels, too. Less stress means less chronic inflammation – an age-accelerator.

Tried and trusted ingredients are another must-have. Look out for hyaluronic acid, which attracts water to the skin and keeps it there. It hydrates all skin types brilliantly, and new versions penetrate deeper, giving more plumpness. Vitamin C is a great antioxidant and boosts collagen production, as do certain peptides, such as Matrixyl. My favourite go-to ingredients, though, are retinoids: vitamin A derivatives that have stood the test of time as good all-round wrinkle-fighting, texture-improving, skin tone-enhancing anti-agers. The most potent are available on private prescription via dermatologists, though some skin types find them hard to tolerate. Over-the-counter versions, such as retinol, retinyl palmitate and hydroxypinacolone retinoate (HPR), cause less or no irritation depending on strength and formulation, and take a little longer to work. Our testers raved about Paula's Choice Clinical 1% Retinol Treatment, £51.50, which also contains skin-calming oat extract, and Sunday Riley Luna Sleeping Night Oil, £85, a retinol complex with oils to soothe and moisturise.

TRIED & TESTED

Prepare to be impressed! These scored highly in our reader tests:

FOR SENSITIVE SKIN

Our tester frequently reacts to new products and Eucerin Ultra

Sensitive Soothing Care Dry Skin, £16.50, not only didn't cause any problems, but helped to calm reactions to other products and made her skin hydrated and more comfortable. It comes in a version for normal to combination skin, too.

FOR LIFTING AND FIRMING

It's subtle, but you do see a bit of tightening and better definition around the jawline and cheeks after using **Clinique Sculptwear Serum**, £46, for just a week. With continued use, neck lines look less visible, too.

FOR LOOKING LESS TIRED

If you often wake up looking drawn and lined, try Lancôme Visionnaire Nuit Beauty Sleep Perfector, £60 (from 1 September). Its oil-in-gel formula melts under your fingers to an oil that goes on like a dream – and it makes skin look plump, smooth and radiant on waking.

FOR HIGH TECH AT HOME

Gadgets are getting increasingly sophisticated, and none more so than the **Tria Age-Defying Laser**, £450, which uses the same laser technology as professional clinics. You have to be consistent to get results (every night for eight weeks, a four-week break, then another cycle) but trials have shown significant reduction in redness, brown spots and wrinkles along with overall texture improvement. Our tester loved the results.

but there's always room for more skincare...



trends to try

CONSCIOUS CONSUMPTION

Even if you're not posting daily yoga selfies or knocking back spirulina-packed juices, there's no ignoring the wellness trend. According to Amanda Barlow from organic beauty brand Spiezia, our more holistic approach to health and increased understanding of the benefits of mindfulness have made us more conscious of what we put on our skin. This is echoed by The Vegan Society, which says applications for its Vegan Trademark have doubled in the past 12 months in response to consumers wanting to know where products come from and what their environmental credentials are.

BRANDS TO TRY Cornwall-based Spiezia has a gorgeous range of face and body products with ingredients such as jojoba oil (which is close in composition to skin's natural sebum), olive oil (which contains squalene, a great moisturiser and natural alternative to the often-used squalene derived from shark's livers) and calendula (which helps with so many skin issues, in particular dry and sensitive skin).

Nude's philosophy is to feed the skin as you feed the body - with omega oils, probiotics and vitamins - while Grown Alchemist uses organic and botanical ingredients combined with sleek, modern design to fit the on-trend wellness lifestyle.

Are organic or natural products better for your skin? While there's no large-scale independent research, if they sit with your lifestyle choices, you can be sure they're super effective at keeping your skin fresh, healthy and youthful-looking.

OUT OF ASIA

If you've tried BB creams, CC creams, sheet masks or skin-softening essences, you'll already have tapped into the Asian skincare trend, which continues to grow and grow. Its epicentre is South Korea, where women happily have an eight- to 10-step beauty routine in the pursuit of clean, unblemished, hydrated skin. Cute packaging, quirky ingredients and new formats are also big. Check out koreankosmetics.co.uk for gems such as Holika Holika masks, £2.50 each, designed for particular situations such as 'after drinking' and 'before office attendance'. At cultbeauty.co.uk you can pick up Mizon Egg White Bubble Cleanser, £19, with eggshell membrane, and Returning Starfish Eyecream, £27, which doesn't contain starfish but a blend of firming, smoothing peptides and plant oils. Fermented ingredients, echoing foods such as

kimchi, a fermented vegetable side-dish in Korea, are also appearing in many Korean beauty products. The slow processing of ingredients, from soya to flowers like chrysanthemums, is said to make the actives more potent. Of course, those in the know have been using creams and lotions with fermented ingredients - such as Crème de la Mer and SK-II - for years.

WORTH IT? Yes, because the products are good and often fun and pleasurable to use, with novel textures such as jellies - and you'll have bragging rights to show you're ahead of the curve.

INSIDE-OUT BEAUTY

Alongside creams and serums, many experts now take supplements as part of their daily skincare routine. It's a good move if you're 40-plus, when, according to nutrition therapist Lorraine Perretta, our digestive capacity starts to diminish and we don't absorb nutrients as well, so need extra help. She says that chewing your food properly - 30 times before swallowing - will make a difference, too! Lorraine favours supplements in complexes rather than particular nutrients in isolation, and buying the best you can afford - you could always take them every other day. Her recommendations for skin health include Advanced Nutrition Programme Skin Complete, £45, a duo pack with antioxidants such as green tea, lutein and bilberry extract, and also vitamins A and D.

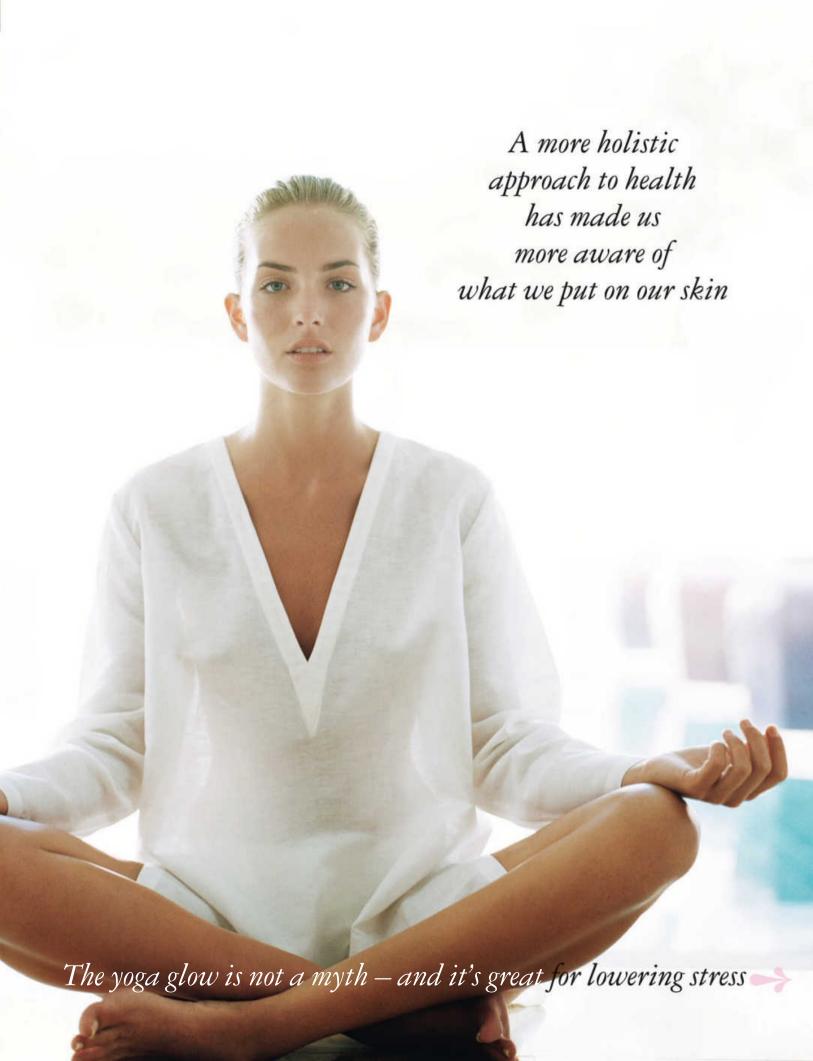
Dermatologists are seeing the benefits of certain supplements, too. Justine Hextall, Consultant Dermatologist at the Arundel Clinic, says: 'While I am always keen to point out that no supplement is a substitute for a good skincare regime, a healthy diet and regular exercise, I do believe this area of skincare is extremely interesting and seriously worth considering. I have seen benefits with Colladeen Visage (naturesbest.co.uk), from £18.95, in my own and in my patients' skin, for example - the skin seems calmer, less dry and irritated, and to have fewer thread veins. It appears plumper, too. There's emerging evidence for the role of green tea, lycopene, coffee berry and grape seeds, powerful anti-inflammatory and antioxidant compounds that really do seem to help protect our skin from everyday damage.'

Although there's room for more research, we can report that when we have given supplements to testers - including the two mentioned above and other reputable ones, such as Imedeen - they have consistently seen visible benefits after two to three months' use.



As well as being part of a healthy diet, skincare benefits. Organic options are widely available too. if that's important to your lifestyle choices.





bespoke

SKINCARE SOLUTIONS

Your friend raves about a moisturiser but, even though you have the same skin type, it does nothing for you? It may be time to consult your genes...

Since 2012, beauty brand Olay has been collaborating with genetics company 23andMe to investigate the genes linked to skin ageing and understand how they vary according to ethnicity. Led by a Harvard professor of dermatology, the study examined approximately 20,000 genes and identified that 'exceptional skin agers', those people who appear almost ageless, have a unique skin 'fingerprint' of around 2,000 genes. Decoding these could hold the keys to looking youthful for longer.

In the meantime, there's a small but growing number of companies in the UK offering the ultimate in personalised skincare – a regime based on genetic tests. The latest service, FutureSkin DNA (£495, katekerrlondon.co.uk), comes from holistic facialist Kate Kerr at London's Phi Clinic and may just be the best skincare consultation I've ever had.

Kate begins by taking a DNA swab from the inside of your mouth. This goes off to an Australian company that looks at 16 genetic markers related to skin ageing and compares your results with its database of over 40,000 people. Kate also gives you a mini exploratory facial, asking endless questions

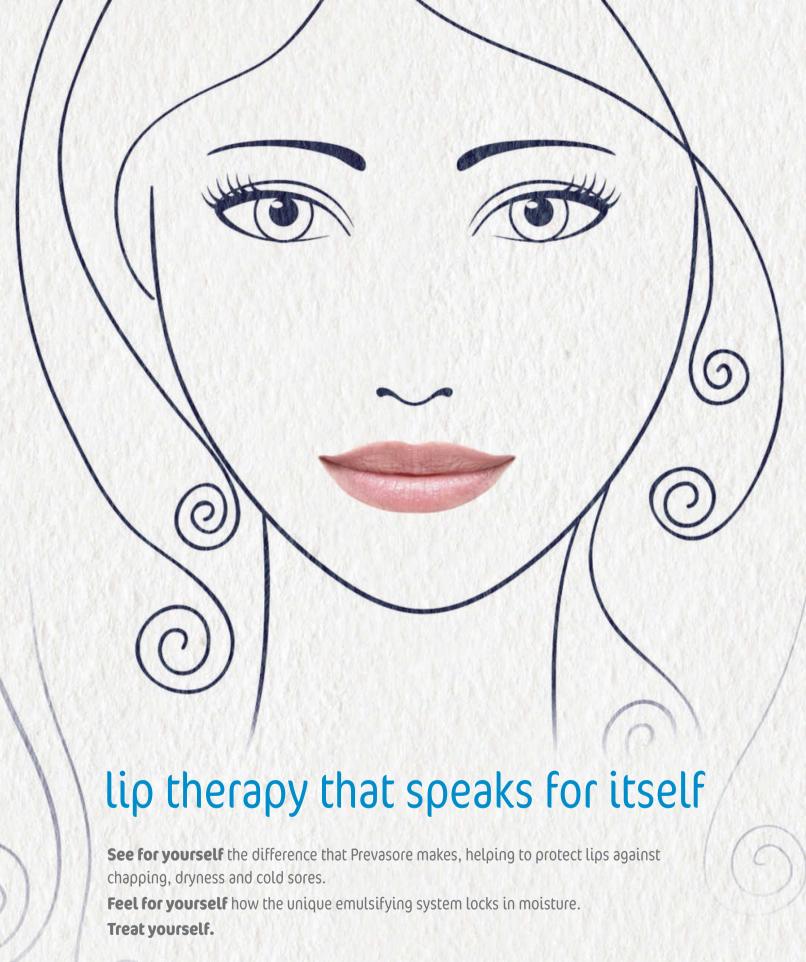
about your skin and then yet more questions via an in-depth questionnaire that also goes off to Australia.

Two weeks later, you go back to learn your genetic predisposition to collagen breakdown (think firmness and elasticity), sun damage and pigmentation, free radical damage, inflammation and sensitivity, and glycation (excess sugars link to skin's collagen and elastin fibres, reducing their regenerative ability and, in the long term, causing deep wrinkles). Specific skincare, ingredients and supplements are identified that will work well with your gene profile, which Kate explains thoroughly. Armed with this information, you can buy tailored beauty products from her or simply read labels when you go shopping - and, of course, re-assess your current skincare routine and any products you already have at home. Kate also gives plenty of lifestyle advice and tips, as healthy habits can override your genetic results - just as bad habits can eventually get the better of in-built genetic protection. Although I found I had plenty to thank Mum and Dad for, I do have a high risk of glycation. One solution? Eat less cake!

smart cells

Our genes hold the key to the way our skin ages, but healthy habits - or bad ones can override genetic predispositions









THE SEARCH FOR YOUNGER LOOKING SKIN IS OVER.

1 CREAM, 100 AWARDS.



Olay Total Effects is a simple solution for younger looking skin.

With **7 age defying benefits in 1, and 100 awards across the globe**[†], it's all your skin needs. The 7-in-1 from the world's number one.



Your best beautiful begins at Olay.co.uk

*Based on mass market facial maisturiser and cleanser value sales for past 12 months ending June 2014
*Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014



YOUR BEST BEAUTIFUL™



sleep

THE SIMPLE GOODNIGHT SKIN RITUAL THAT EVERYONE CAN DO

With more of us taking our phones and iPads to bed with us to catch up on Facebook, emails, news and shopping, we're still buzzing when we turn the lights off. Restless, poor-quality sleep has a direct effect on our skin, interfering with its natural healing and repair mechanisms, and accelerating ageing. Solution? A mindful ritual of breathing, massage and relaxation that signals Stop before we turn the lights out, says holistic facialist and Olay expert Anastasia Achilleos. Her three-step ritual is easy and feels so calming... It works on lymphatic drainage, too, so if you do it consistently you'll rarely wake up looking puffy!

STEP 1 Lie flat to help fluids disperse and take a few deep breaths with your hands on your chest. Take a pea-sized amount of your night cream – we've been testing and love new Olay Regenerist 3 Point Age-Defying Night Cream, £29.99 (available from October). Rub it in the palm of your hands in a circular motion for a

count of 10. Then put your hands flat on your face, covering your eyes, and take a deep breath, exhaling slowly. Slide your palms up your face and over your forehead, out towards the temples and down, following the hairline to the jaw and chin. Repeat for 30 seconds.

STEP 2 Take another deep breath and slowly exhale. Rest your palms just under your cheekbones and put your fingertips on your forehead. Apply a little pressure to push the base of your palms up against your cheekbones. Hold for 10 seconds, then release.

STEP 3 Pinch your eyebrows with your thumb below and index finger above them for 10 seconds while taking deep breaths. Then work out to your temples, pinching and releasing. Using your thumbs, make three clockwise circles at your temples. Now place both arms by your sides and breathe slowly and deeply, feeling yourself switching off.

night shift

A good night's sleep supports the skin's natural healing and repair mechanisms



We're starting to understand at long last the vital role that bugs play in our health. Even schoolchildren now know about 'friendly bacteria' in our gut. This is where most of what's called the human microbiome – the microbes that live in and on us – are found. But new techniques have revealed the full extent of the skin biome – the microbes that live on the skin. And it could have profound implications for our health and especially for how often we wash.

There are many different tribes of bacteria on your skin – some prefer the moist environment of armpits and knees, others the dry areas of legs or eyelids. We each have our own unique set, depending on where we live, what we do and our age. (There is a dramatic shift at puberty, when the bacteria that love grease increase.)

In the womb, a baby's skin is sterile. During birth, the baby acquires bacteria from the mother's vagina and – sorry about this – from her poo, too. To provide the best possible home for these bacteria, the skin is slightly acidic. This 'acid mantle' is very important to the function of the skin biome, which in turn is fundamental to the health of the skin barrier – essentially, what stops harmful things getting into our bodies.

For our mother's generation, a bath every day was unusual and babies were bathed once a week. Today, showering twice a day is not unusual and babies are washed daily, usually with something nice and bubbly in the water. This has a disastrous effect on our skin biome because soap (and water, too, if you live in a hard-water area) is alkaline, disturbing the environment our skin bacteria prefer.

Professor Michael Cork, a paediatric dermatologist at Sheffield University, leads a growing movement that believes the breakdown of the skin barrier in babies can lead to what is called the 'atopic march' – the development of eczema, allergies and asthma. Simply put, if the skin barrier is disturbed, allergens and harmful bacteria are able to get in. For babies with an inherited disposition to these conditions, the consequences are first eczema, then hay fever and asthma later in life.

There has been a dramatic rise in these conditions across developed nations. If this theory is correct, it has been fuelled partly by our obsession with cleanliness and the use of harsh soaps, and partly by the rise in C-sections. Babies born this way have a very different skin biome from that of those born naturally. Professor Cork urges hospitals and new parents to use mild 'buffered' (ie, the right pH for baby) wash products. Look for something liquid, with no soap or sodium lauryl sulphate, and suitable for babies. Johnsons Top To Toe is a good example. With the right care and wash products from birth, we may be able to reduce levels of eczema and asthma substantially, even in susceptible children.

But what if you already have eczema? Skincare brand La Roche-Posay is a pioneer in skin biome research. Research presented by the company at the



easy does it

Most soaps - and in some areas, even the water - are alkaline, which disturbs the environment that skinfriendly bacteria prefer



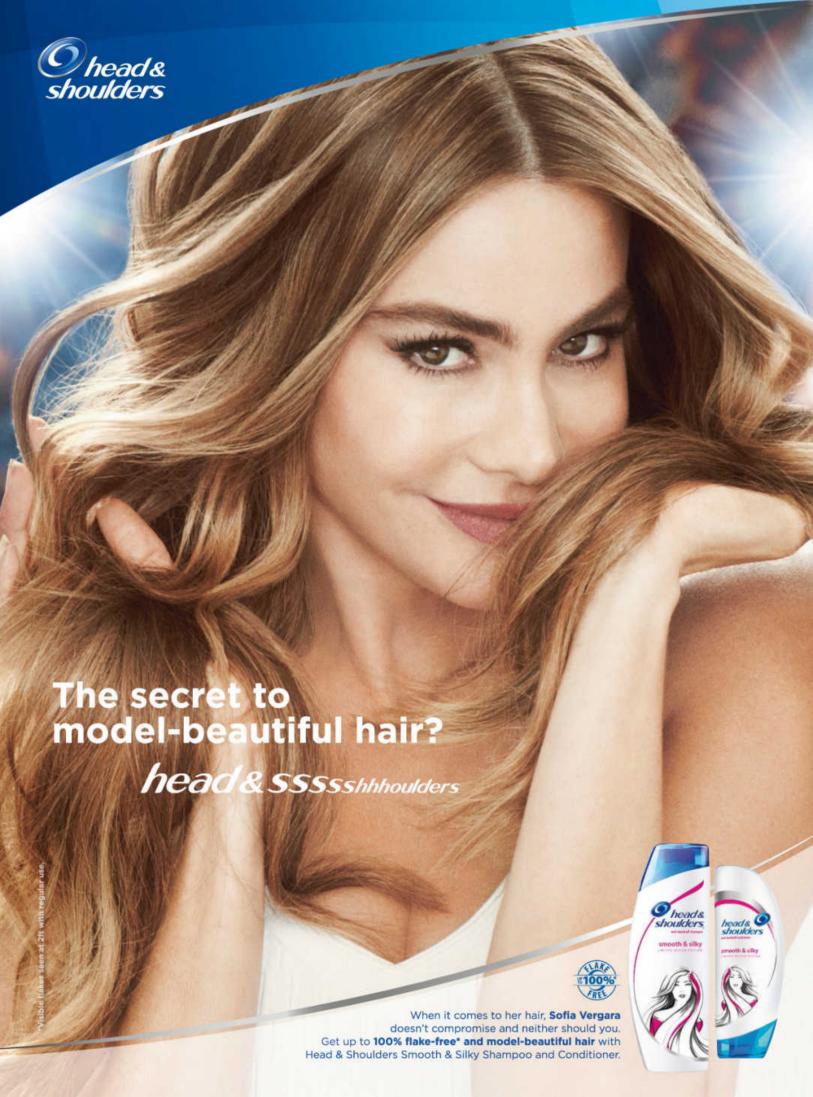
World Congress of Dermatology in July 2015 examined a number of children and adults with eczema, comparing the skin biome of skin that had eczema on it with adjacent skin that didn't. There was a dramatic difference, with far fewer types of bacteria found on the affected skin.

It turns out that one of the most important roles of skin bacteria is to produce substances that suppress skin inflammation, as well as deterring unwelcome bacteria. In common skin diseases, there appears to be a disturbance in the normal microbe population, with just a few types becoming dominant.

But La Roche-Posay's research showed that if its Lipikar Baume AP+ was used, it was possible to regulate the skin biome and restore barrier function. This emollient, which contains non-pathogenic bacteria grown in mineral-rich thermal spring water, also significantly reduced eczema flare-ups.

Disruption of the skin biome is likely to be an issue in many other conditions, like acne and psoriasis, as well as sensitive skin. If this is you, avoid washing your face with soap and use very mild liquid cleansers instead.

What's so interesting about all this work is that it shows us a way to prevent and reduce a whole range of skin and other conditions – simply by caring for our skin biome. Remember this next time you reach for the soap.



Simplify your life

Look fantastic

GET READY, SET AND GO with our clever time-saving beauty tips

Takes 😘 seconds...

1 For wide-awake eyes in a hurry, line the lower inner waterline with Trish McEvoy Eye Brightener in Shell (left), £16, Selfridges. The peach tones also help neutralise dark shadows underneath the eye.

- Don't rub wrists together when spraying perfume, as this breaks down the molecules in the oils and alters it. Instead, spray scent strategically on the inside of your elbows and behind the knees for a longer lasting hit of fragrance.
- If you don't like the feel of rich moisturisers - or the time it takes for them to absorb into your skin - try one of the lightweight, non-greasy Vaseline body serums, £4.99. Encapsulated micro-droplets of Vaseline jelly lock in moisture but without that sticky, heavy feeling.
- If you're constantly smudging y**o**ur masc**ara, put a** spoon underneath your lower lashes when you apply it. Any excess will end up on the spoon and not your cheeks.
- 🔼 As well as increasing the $m{artheta}$ longevity of $m{y}$ our fo $m{u}$ ndation, primers can mattify shine, blur wrinkles or veil pores. Our tester was impressed with

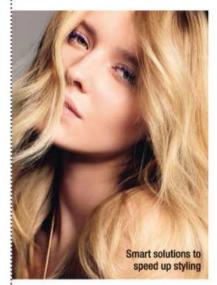
Eve Lom Perfect Primer

(left), £42, which meant she could say goodbye to her regular 4pm make-up touch-ups.



'Focusing on the three Es – eyebrows, eyeliner and eyelashes – instantly gives a pulled-together look,' says Janine Bird, National Make-up Coach for Smashbox. 'Fill in brows with a brow pencil then brush to blend. Line your upper lash with Smashbox Always Sharp Waterproof Kohl Liner, £16. Finish with one coat of Lancôme Hypnôse Volumeà-Porter, £22.50.'

Hair in a hurry



QUICK-FIX COLOUR

Stretch out the time between hair appointments with Bouffe Hair Dry Spray, £5.99, which temporarily hides root regrowth until you wash it out. It absorbs excess oil and boosts volume, too. Our tester found that, unlike other dry shampoos, it didn't leave her hair looking dull and chalky. Available in blonde, brown, silver and black.

THE HIGH-TECH DRYER

Reducing your hair drying time by

up to 75%, the **T3** Featherweight Luxe 2 Hair Dryer (right), £155, slowly emits ionenriched air and infrared heat through a wide cone. This seals hair cuticles for a smoother, shinier finish. It helps prevent frizz and flyways, too, as hair isn't whipped around in all directions.

CLEVER COMBS

Detangling knotted hair is a nuisance when you're in a rush, and rough handling can cause frizz and split ends. With thin, flexible bristles, the Wet Brush Blow Out Brush,

£15.99 (cultbeauty.co. uk), glides easily through hair without pulling or tugging. The ceramiccoated bristles also have ionic properties that dispel water molecules to help speed up drying time.

The 🌅 minute make-up look

Skip a skincare step with a tinted anti-ageing moisturiser such as Hourglass Hyaluronic Skin Tint SPF15, £45, Space NK, which hydrates and adds lightweight coverage.

Apply Clarins **Ombre Matte** Eve Shadow in Heather, £19, with fingers for a modern, relaxed look.



The oil-based formula of Max Factor Lipfinity Long Lasting Lipstick

in Just Alluring, £8.99, keeps lips soft and plump.

Naximise vous Look fresher when your alarm goes off with a

targeted product that works while you sleep.

Anti-ageing youth boost

Lack of sleep can age us faster, but Garnier Miracle Sleeping Cream De-Tiring Transformer, £13.99, helps skin's repair systems to discourage fine lines from becoming wrinkles.

Fake an A-list glow

Create that weekend-in-the-Bahamas look in under eight hours with Vita Liberata Self **Tanning Night Moisture** Mask, 230. The clear cream won't stain pillows and there's no biscuity

smell, either.

Banish dull skin

Used underneath your regular serum or moisturiser, Ren Wake Wonderful Night Time Facial, £32, uses plant acids to gently exfoliate, while omega 3 oils plump and soften.

Treat your hands

Packed full of nourishing essential oils to hydrate hands, Aveda Hand Relief Night Renewal Serum, £25, also contains skin-brightening licorice and salicylic acid to treat dark spots and improve tone.

MINUTES TO groomed nails

Exfoliate hands with oil-based L'Occitane One Minute Hand Scrub, £15, or, for a DIY version, mix 1tbsp olive oil with 2tbsp sugar. Using a hydrating oil means you don't need a separate hand cream.

2 Shape nails with a crystal nail file. 'A uniform length and shape

give a flattering, youthful finish,' says nail artist Glenis Baptiste.

Massage a drop of Elegant Touch Cuticle Elixir, £7.99, into cuticles. Then use the shiny side of a buffer to help it penetrate into the deeper layers of the nails for a smooth, polished look.

15-minute facial

If your skin is in need of some TLC but squeezing in a facial isn't practical, head to an **Elizabeth Arden** counter at Debenhams and try its skin-reviving Oxygen Blast Facial, but our tester was thrilled with her glowing complexion, so went home barefaced.





GOOD HOUSEKEEPING PROMOTION

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Illa seed in the s

Channel your inner Cleopatra with creamy
Egyptian Milk & Honey Bath – a relaxing,
skin-softening treat for the mind and body.
Gently exfoliate with African Ximenia Scrub,
then smooth on Japanese Camellia Cream to
leave your skin feeling silky and subtly
fragranced. Japanese women have used
camellia oil since the 8th century for
its deeply hydrating properties.

'Reconnecting body and mind is important to wellbeing. Indulge in a relaxing ritual at least once a week'

Vanda Serrador, Facialist and Body Care Expert for The Body Shop

REVITALISE.

Lift your spirits with Thai Lemongrass
Massage Oil to leave skin feeling nourished
and revitalised. This traditional Far Eastern oil
is renowned for its uplifting aromatherapy
benefits. Other treatments include Moroccan
Rassoul Body Clay to firm and detoxify skin,
and Dead Sea Salt Scrub to exfoliate and
invigorate. Both are mineral-rich soothers
and smoothers, inspired by millennia-old
beauty rituals from the
Middle East.



Spa of the World launches on 11 August, but is available for pre-sale online and in store. Please ask for details.

For personalised expert advice, visit stores or book a party with The Body Shop At Home on 0800 092 9090. View tutorials at Youtube.com/thebodyshopuk.



Expressing gratitude is not only good for your wellbeing, but nurtures relationships, according to psychotherapist Veronica Pretelt. 'Oxytocin is triggered when we express gratitude, and has been called the glue that bonds meaningful relationships,' she says. Just one of hundreds of tips on the Anamaya holistic clinic app (£1.49 from iTunes), which also includes 350 guided meditations and a selection of self-development modules devised by the clinic's experts.



Converted from a former weaver's shop, Weaver's House Spa is a stylish new addition to The Swan hotel at Lavenham in Suffolk. Airy and spacious, it has six treatment rooms, a sauna and steam room, and a relaxation room. Treatments from British brand **Temple Spa** are all done on

GOOD LOOKS

a heated Hydrotherm waterbed – our tester loved the floating sensation during her 60-minute Mediterranean Sea Massage (£65). The spa experience also includes thoughtful mini treats like a shot of fresh berry smoothie and a pot of house-blend herbal tea. From £130 per person (see thegoodspaguide.co.uk).

BODY

Our round-up of tips, news and advice to boost your wellbeing

Three running secrets

Try these tips from Alexander Technique teacher (stat.org.uk) and running coach Malcolm Balk:

RUN TALL Lift your torso up out of your hips and sense your body lengthening. This will stop you slumping and running 'heavy'.

DON'T LOOK DOWN Your head weighs around 4.5kg, and you'll feel the full weight if you stare at the ground.

LAND LIGHTLY Land with your weight towards the front of each foot rather than the heel.



Become a regular cyclist and you'll add 10 years to your life, according to a study from Denmark. If that sounds like the perfect excuse to treat yourself to a new bike, check out the super-stylish range from Electra (electrabike.com). The ergonomic design means you sit in an upright position, taking pressure off your back. From £250.



Enjoy your spa

Miss those nightclubbing days? Seen On Screen (seenonscreenfitness.com) could be the exercise class

for you. Taught by professionals who've worked with the likes of Beyoncé and Kylie Minogue, classes are based on dance routines from chart-topping music videos. Routines are broken down into easy-to-learn chunks, and even our uncoordinated tester had got the hang of some Destiny's Child moves by the end of the class. 'I arrived with reservations, but ended up having the time of my life,' she says. Available in London and Manchester, classes cost from £12-18.



ESSENTIAL THERAPY



There's more to aromatherapy than relaxation. Inhaling a few drops of Micheline Arcier Air Pur, £19, with pine, eucalyptus and niaouli, is fantastic for soothing inflamed sinuses. Or book a consultation with a therapist trained in massage that improves blood and lymph circulation at michelinearcier. com. Our tester was treated by Nerys Hughes at London's Hale Clinic: 'As well as being super-relaxing and energising, it shifted a headache I'd had for days.' From £90 for an hour.

Sleep your way to success

Prioritise good-quality sleep and you'll not only look better, you'll improve your work image, according to new research from Stockholm University. In the study, people who had slept well were rated by strangers as more reliable, employable and better leaders (judged purely on appearance) than poor sleepers.

BOOST YOUR HAIR'S WELLBEING

Bringing new meaning to a top-to-toe experience is Matthew Curtis' Hair Retreat at Hoar Cross Hall Spa Hotel in Staffordshire. Guests and day spa users alike can have a complimentary scalp and hair analysis with a diagnostic camera to reveal information about their hair's condition and density. A variety of treatments are then recommended, including Kerastase Intensive Nutritional Ritual, £25, and the bespoke, hour-long Leonor Greyl Hair Spa Treatment, £120. You can then add on a fabulous blow dry, not to mention a glass of bubbly... See hoarcross.co.uk for more details. \square



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We've got together with leading online beauty retailer feelunique.com to bring you 15% off your fragrance, skincare and make-up shopping. With over 500 gorgeous brands to choose from, including Lancôme, Liz Earle, Elemis and YSL, it's the perfect excuse to stock up on beauty essentials, treat a friend to something new, or pick up an on-trend make-up exclusive. What's not to love?

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L'ORÉAL UNESCO AWARDS

Dame Carol Robinson, Professor of Chemistry at Oxford University, invented a ground-breaking method for studying how membrane proteins function, which play a critical role in the human body. Throughout the world, exceptional women are at the heart of major scientific advances.

For 17 years, L'Oréal has been running the L'Oréal-UNESCO For Women In Science programme, honouring exceptional women from around the world. Over 2000 women from over 100 countries have received our support to continue to move science forward and inspire future generations.

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(dunelondon.com)

goodhousekeeping.co.uk

Straight leg jeans, £49, 6-22, Boden (boden.co.uk) French women do wear leans, and cleverly make them appear tailored. Try a dark indipo wash in a straight-leg style with heels Express your personal style with a pair of print trousers. A modern classic Print trousers, £69, 8-18, Monsoon Trousers, £310, 6-16, Miu Miu at mytheresa.com Create a long, lean look with cigarette pants and a pair of kitten heels Print flats, £195, 3-7,

HEELS OR FLATS?

Chic women wear both. Patterns and embellishments lift a plain outfit, while nude and metallics go with everything. For additional va va voom, try red, a key colour for Autumn.





beautiful lace lingerie

as a feel-good treat.

roots, Les 100 Ciels is

all about Parisian chic.

£239, S-L,

Les 100 Ciels

(les100c.com)



Take inspiration from these agelessly stylish women

Top, £16, 8-18, F&F

(clothingattesco.com)

Boots, £165, 3-8, Somerset at John Lewis

Bag, £59, Dune

Jeans, £49.95, 8-18, White Stuff (whitestuff.com)

Jacket, £79, 8-18, John Lewis

8-18, Very

Trousers, £45, 8-18, Wallis

Shoes, £89, 3-7, Phase Eight (phase-eight.co.uk)

 $30_{\rm S}$

Bracelet, £60, Follie Follie

(folliefollie.co.uk)

Award-winning actress **AUDREY TAUTOU looks** as stylish off duty as she does on the red carpet.

 $40_{\rm S}$

Designer | SABEL MARANT is as cool as her label. Her luxe leather leggings and wedge trainers have all been embraced by the high street.



Scarf, £79, Baum und Pfergarten

aumundpferdgarten.com)





Shirt, £39.95,
8-18, TM Lewin
(tmlewin.co.uk)

Global Fashion
Director for
Harper's Bazaar
CARINE

ROITFELD favours a coo

favours a cool, rock chick look with an edge.

Ring, £99, Pandora (pandora.net)



Leather skirt, £220, 6-16,

Leather bag, £79, Jones (jonesbootmaker.com)

Shoes, £185, 36-42, LK Bennett

> Drop earrings, £60, Dower & Hall (dowerandhall.com)

3-8, Ted Baker (tedbaker.com)

Top, £35, 8-18, Wallis

Day in the life

If you dream of feet that feel fabulous and comfortable, even after a long and busy day, follow in stylist Milly Goodwin's footsteps and rely on Scholl insoles

enovating furniture and scouring flea markets for vintage pieces mean interiors stylist Milly is on her feet from morning to night. So wearing Scholl GelActiv insoles means her feet always feel comfortable and supported, even when she wears her favourite pretty flats all day: 'My job can be physically demanding, so I used to

rely on comfy, practical trainers – they didn't look good, but I knew they would get me through the day. Since discovering Scholl GelActiv Work Insoles, however, I can wear my favourite shoes whenever I want and still feel confident and comfortable all day long. Now I keep a pair of insoles in all my flat shoes – they're like heaven for my feet!'

'When I'm hunting through antique markets, I don't want the distraction of aching feet to spoil my day'



LUXURIOUS COMFORT

Scholl GelActiv Insoles for women and men are designed to support every part of your foot: they provide shock-absorption, cushion the ball of your feet and support your arches. With three different styles – Everyday, Work and Sport – GelActiv insoles offer comfort and support whenever and wherever you need it. Visit scholl.co.uk to find out more.



Style ATANY 36



Ease into the new season with a confident new look and smart time-saving ideas, says Fashion Editor at Large ANGELA KENNEDY

INDUSTRY INSIDER



'My favourite piece from our Autumn collection is the camel hair cape,' says

Sandy Vernon, Creative Director of **Hobbs**. 'It's an iconic British classic redefined with modern simplicity, and a key Winter trend. The fabulous fabric ensures it will have a place in my wardrobe for ever.'



WE Y

great classic.

Suede trench coat, £299, 8-18, Autograph

at Marks & Spencer

Real or faux, designer or high street, suede simply says you're in the know. From relaxed trench coats to cute A-line skirts, suede creates an instant wow factor, and it has that any-age-can-wear-it touch of a

Remember that iconic bee pendant? ALEX MONROE is the name behind many a quirky charm trend. Pick a ring, bracelet or necklace from his new Victorianispired LANGUAGE OF FLOWERS collection, and get an heirloom for tomorrow.

Gold cameo necklace with buttercup sprigs, £156, Alex Monroe

unphfy your life



Confidence tricks

You can never have too many scarves! It's the quickest way to **pull an outfit together** and inject a shot of colour.

Camel hair cape, £329, 8-18, Hobbs

Extra-fine merino wool scarf, £59, Johnstons of Elgin (johnstonscashmere.com)

TIME-SAVER TIP

Lost your keys? Can't find your phone? If your bag is overflowing, save time by decanting those important must-grab-quickly items into a smaller pochette inside your big bag.

ONE THING
THIS MONTH

a sassy boot

Fringed suede boot, £129, 3-8, Dune (dunelondon.com) They bridge the gap between seasons and you can **dress them up or down**. Avoid the cut-off-at-mid-calf look with a style that's a little higher than the usual ankle boot. This one catches the current Seventies vibe, too – try it with a long skirt.



goodhousekeeping.co.uk



by Paul Costelloe

(windsmoor.com)

Try styling up your outfit the night before, including your underwear. How many times has that bra felt all wrong with a top? Never wing it with undies – plan ahead!

than 30 years.

teamed up with Windsmoor to

create a collection of statement coats

at a more accessible

price. Great news!

Now he's



Get them while you can

Borrowed from the boys, the hand-crafted brogue is a work of art. **Clarks** has dug into its archives of over 22,000 styles and uncovered some retro gems to produce a new, but very limited, collection of five styles – so hurry!



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hen Kate Adie was a little girl, she always looked forward to visiting her great step-aunt Lily, a postmistress in a small Yorkshire village. Little Kate would escape the grown-ups and wander out of the whitewashed stone cottage into the garden. Today she still remembers the smell of it, and the great, galloping surge of colour that stopped her in her tracks – the intense dark greens and the bright candles of flower that soared above her head (she knows them now to be lupins).

'It was a magical jumble,' recalls Kate, 'nothing like my parents' neat and tidy garden back in Sunderland – a typical postwar plot with a lawn, a currant-bun rockery, a few raspberries and a gooseberry bush.

'We had a greenhouse with tomatoes and cucumbers, and tried to grow melons – rather ambitious in the North East. They were like hard green tennis balls! But I liked learning the names of flowers and seeing how fruit grew. I suppose it's when you're a child that the idea is implanted. Since then, I've always wanted a garden.'

Gardening, however, is not compatible





OPPOSITE PAGE Striking
Allium hollandicum
'Purple Sensation'
THIS PAGE CLOCKWISE
FROM FAR LEFT Deep Rosa
'Burgundy Ice'; clematis is
especially beautiful when it
is in bud; the border is a
riot of colour and fragrance,
with spicy 'Gertrude Jekyll'
growing through deep
hued double clematis
'Vyvyan Pennell' and single
'Daniel Deronda'











CLOCKWISE FROM LEFT Fragrant herbs provide a welcoming scent; white standard wisteria, a fountain of Iris sibirica and glossy mounds of ligularia define the parking area; glimpsed through a border of old-fashioned cottage perennials, the former privy now makes an attractive garden shed; Euphorbia sikkimensis is versatile and easy; Alpine Phlox subulata hangs over the wall. BELOW Even the tiniest garden has room for a water feature





[CONTINUED FROM PREVIOUS PAGE] with the life of a foreign correspondent. Sometimes, holed up in a war-zone in Bosnia or Afghanistan, Libya or Kuwait, Kate would dream of a quiet rural home, and a patch of earth that could be for ever England.

Kate hung up her flak jacket in 2003, but it took another nine years to make the move out of London. The house she eventually chose had no garden - just a strip of concrete, a lot of brambles, a crumbling asbestos garage and an outside loo. Still, jumping in at the deep end has never been a problem for Kate. With the help of her niece's husband, garden designer Jonathan Wild, she set out to create a garden from scratch.

Their starting point was the curved extension Kate had added to the house: they would make a garden full of curves, crammed with the romantic, old-fashioned plants Kate had so loved in her aunt's garden. A river flowed by the house, but was hidden behind a wall – so Jonathan demolished a chunk of it to make the river part of the garden, creating a sunken area where Kate could sit. The overgrown bank was cleared

of rotting trees and scrub, rebuilt to provide a habitat for water voles and planted up with raggedy single roses and wild flowers.

There were practical considerations, too. Kate needed space to park her car, a store to keep her new gardening tools, but most importantly, privacy. Rather than block her conservatory windows with a light-stealing screen or hedge, Jonathan came up with an ingenious solution: a green oak pergola,

curtained with evergreen climbers and interplanted with shrubs that respond well to pruning, so that sight-lines are filtered through layers of greenery. From her window, Kate can enjoy the textures of acers, pittosporums, shade-loving hydrangea 'Annabelle' and the weeping crab apple Malus scheiderckerii 'Red Jade' - a graceful tree ideal for small gardens. Above them twine unusual

honeysuckles such as Lonicera 'Copper Beauty', kiwi fruit (Actinidia deliciosa 'Jenny') and bittersweet (Celastrus orbiculatus) with its fine Autumn display of butter-yellow leaves and glossy red fruits.

Jonathan was determined to integrate the parking area into the garden, so created a bower of fruit and flowers - with pears ('Beurre Hardy') and apples ('Katy') fan-trained on the walls, a fancy fig, and some showstopping

> plants such as a white standard wisteria, French lavender 'Tiara' and sumptuous mounds of dark-leaved Ligularia dentata 'Britt-Marie Crawford', which thrive surprisingly well away from the riverbank.

As for the tools, they are tucked away in the carefully restored brick privy. 'We found out it was a bit of a fixture in the village,' says Kate. 'It was a three-seater, and the







CLOCKWISE FROM TOP LEFT Kate had fond memories of Russell hybrid lupins from her childhood; tender Abutilon megapotanicum grows well in this sheltered village garden, liking semi-shade; the French lavender 'Tiara' is fat and showy; single roses like 'Rhapsody in Blue' give the effect of wild roses growing on the river bank; clematis 'Daniel Deronda'

hole out to the river is still there.' It's now even more attractive, with abutilon dangling round the door and a little dripping-tap water feature attached to the side.

Most of the planting is in raised beds which are easy to maintain - and the changes of level bring more interest to a small space. Fragrant shrubs surround a secluded seating area, screened by a trellis groaning under the weight of a romping clematis and scented 'Gertrude Jekyll' rose. But the high point of the garden is a colourful border full of lupins and delphiniums, campanulas and hollyhocks - Aunt Lily's dreamy garden in miniature.

Kate looks out over this border as she writes. It can be hard, she confesses, not to nip out between paragraphs for a quick weed. 'I'm a great weeder,' she says. 'When I've been away, I can't wait to get out there and get my hands dirty - a bit of tidying, a bit of dead-heading, just twiddling around.'

After a life spent in the world's most dangerous and inhospitable places, a battle with weeds is the sort of conflict you can take on with equanimity, or even pleasure.

Kate's traveller's tips As she still travels a lot, Kate needs plants that can look after themselves as well

as glamorous showstoppers. Here are her Doers and Divas...

DOERS

Cornus kousa

makes a handsome large shrub or small tree, with attractive greeny-white bracts in early Summer.

Persicaria bistorta 'Superba'

can be a thug in moist soil, but is welcome for its dense spikes of soft pink flowers that last all Summer.

♦ Euphorbia sikkimensis is trouble free, and a great foil to showier plants. In Kate's garden, its limegreen bracts set off

the opulent purples

of clematis 'Daniel Deronda' and double 'Vyvyan Pennell'.

Phlox subulata is excellent for the sunny front of a border, a rockery or trailing over a wall. A plump low mound of evergreen foliage is smothered with bright pink flowers for weeks.

- Lamium maculatum 'Beacon Silver', with its dense mats of silvery foliage, makes attractive, easycare ground cover.
- Iris sibirica flowers longest in damp soil, but will grow anywhere and withstand neglect.

DIVAS

- ♦ Acer x conspicuum 'Red Flamingo' has red and white striped bark and vivid crimson new shoots. New leaves unfurl a rosy pink, ageing to a mottled pale green, pink and white.
- **Lupins** do require dead-heading, staking, a Winter mulch and protection from pests, but so repay the effort! Kate grows a range of Russell hybrids in jewel colours.
- ♦ Lavandula stoechas 'Tiara' is a fabulously frou-frou

lavender, with fat purple heads and dainty coronets of greeny-white.

Standard wisteria produces an elegant small tree when it's trained.

- ♦ Ficus 'Ice Crystal', an unusual ornamental fig, was chosen for its beautiful deeply cut leaves rather than fruit.
- Abutilon megapotanicum, with its puffed red skirt and trailing yellow petticoat, is the daintiest of wall shrubs, flowering all

Summer long on the

walls of the privy.



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ZOE, 39, GOOD HOUSEKEEPING READER





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■ GOOD LIVING



LEFT Mandalay table lamp base, £145, and silk shade, £56, both Pooky (pooky. com). Other items, stylist's own

RIGHT Vauville bedlinen, from £25 for an Oxford pillowcase, double quilted bedspread, £225, all Fable at Bedeck (yourfable. com). Other items, stylist's own

Set against pale NEUTRAL WALLS,











Malm dressing table, £95, Nils stool, £30, Stave mirror, £15, Ledsjo LED wall lamps, £42 each, Grundtal rail, £4, and S-hooks, £2.50 for five, Malin Rund duvet set, from £15, all Ikea





It's called 'me time' for a reason... Because it's all about you!

- * The living room is the perfect place to create a quiet corner cover a chair in soft throws and cushions to make it cosy and snug. If there is room, add a small bookcase so you can lose yourself in a good book.
- ❖ Colour, shade and tone determine the feel of a space. I'm known for my love of taupe and neutrals - not only do they give a classic and sophisticated look, they also evoke a serene, indulgent feeling. Hints of rich colour can be added with accessories or artwork to offset the neutrals and add personality.
- Give your bathroom spa-like style by investing in goodquality sanitaryware. Splashing out a little on superior products gives a real luxury finish. Consider the materials they are made from, too - I like to

- use granite or marble. A freestanding bath gives the room a natural focal point. Also, include finishing touches like decorative mirrors and vanity trinkets. Wall lamps can be less harsh than overhead ones.
- Create a calm atmosphere with scented candles - as the fragrance fills the room, it will instantly help you to relax. Fragrance is key to completing your ideal space – helping to set the mood. Fragrances such as lavender and vanilla are calming, while myrrh with notes of patchouli and violet is perfect for creating a sense of harmony and tranquillity.

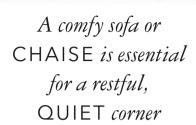
 \star Find more tips from the designer at goodhousekeeping. co.uk/kelly-hoppen

Frostbrite FB092 adhesive

Company (windowfilm.co.uk) Other items, stylist's own

film, from £30 a square

metre, The Window Film



RIGHT Walls in Woodville Plain wallpaper, £57 a roll. Skirting board painted in Warm White, £51 for 2.5L; curtains and throw made up in Alyce, £116 a metre, piped and backed in Rosebery, £99 a metre; window seat made up in Curzon, £99 a metre; chaise made up in

Rosebery, £99 a metre, piped in Grosgrain, £61 a metre; bolster made up in Curzon, £99 a metre, trimmed with flanged cord, £11 a metre, all Zoffany (zoffany.com)

LEFT Deep
Dream armchair,
from £1,250,
chevron cushion,
£38, recycled
leather metallic
rug, £115,
greyhound,
£38, decorative
ceiling roses,
£110 for seven,
hexagonal side
table with
marble top,
£250, wooden
pear pot, £21,
all Graham &
Green (graham
andgreen.co.uk)

RIGHT Larksong wallpaper, £30 a roll, Sanderson (sanderson-uk. com). Other items, stylist's own



GOOD LIVING

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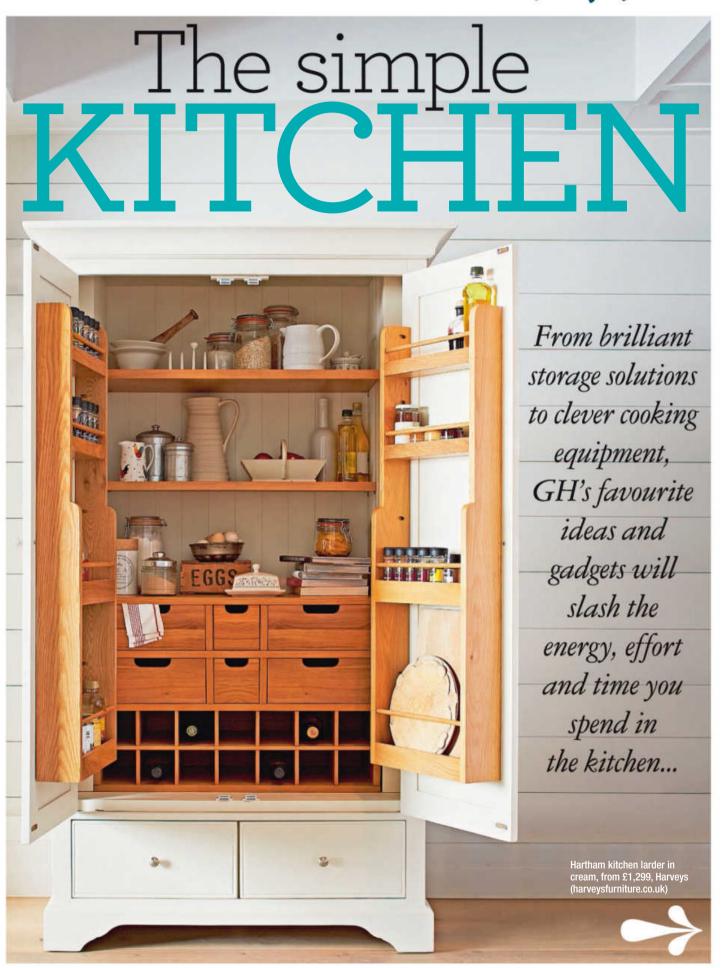
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Oxo Good Grips 1-litre angled measuring jug, £11, John Lewis





Rotary whisk, £16, David Mellor (davidmellordesign.com)



Wall-mounted bottle opener, £9, Labour And Wait (labourandwait.co.uk)









Oxo Good Grips lemon zester, £7.50, Selfridges



Kuhn Rikon veggie/tomato slicer, £20, John Lewis



Thermospatula, £14.99, Lakeland (lakeland.co.uk)



GOOD LIVING



Rice melamine bowls with lids, £38 for four, Debenhams



Boston shaker,

£12.50, Harvey Nichols

Glazed ceramic storage jars, £16 each, marble cheese board with dome, £55, marble placemats, £30 for two, rectangular roasting dishes, from £30 each, acacia & marble pinch pot, £35 for two, marble pepper mill, £26, round roasters, from £25 each, soup tureen, £20, striped tea-towels, £14 for three, acacia pestle and mortar, £35, acacia utensils, £12 each, slate placemats, £22 for two, recycled carafe, £15, marble pebble board, £45, acacia round board, £45, recycled hi-balls, £6 each, all Gray & Willow at House of Fraser. Other items, stylist's own



Stainless steel potato press, £19.50, David Mellor (davidmellordesign.com)









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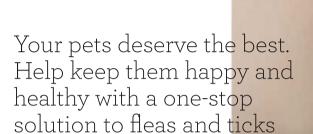




Todo giant grater, £49, Alessi (alessi.com/en)

■ GOOD LIVING





our cat may be king of the jungle – or at least the garden – but that's no defence against fleas and ticks. These unwelcome visitors can be found anywhere, and when a cat or dog passes by, they simply hop aboard. Even indoor pets can develop a problem if an untreated pet visits or flea eggs are brought into the home on your clothing.

Fortunately, help is at hand from Frontline® Spot On - the UK's No.1 flea and tick protection* for your pets. Frontline Spot On kills fleas and ticks by direct contact, and it couldn't be easier to apply: simply part your pet's coat, place the tip of the pipette on to the skin and squeeze gently. Be sure to apply at two points where your pet can't reach or lick it. Don't wait till fleas appear - a female flea can lay up to 50 eggs a day, so an infestation can develop before you realise it. Use Frontline Spot On monthly on all cats and dogs in the household for continuous protection against fleas and ticks all year round. To find out more, visit uk.frontline.com.

HAPPY PETS, HAPPY HOMES • One in five cats and one in 10 dogs suffer from fleas", so it's important to treat them monthly with Frontline Spot On. • To help get rid of a flea infestation, vacuum yourhome frequently. • Regularly wash pets' bedding above 60°C.

Prevention is better than cure, so treat pets all year round to help keep them healthy

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PHOTOGRAPHY STEVE BAXTER

Tuesday, 1 September

Pesto Tart

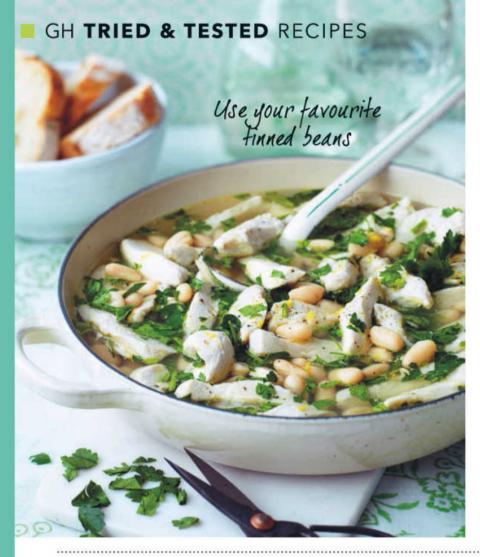
A quick and easy tart – use any pesto flavour you like. Add lardon cubes to the uncooked tart if you fancy a meaty addition.

Hands-on time **10min**. Cooking time **about 20min**. Serves **4**

- 320g sheet ready-rolled puff pastry
- 4tbsp basil pesto
- 3 fresh figs, each cut into 6 wedges
- ◆ 75g (3oz) blue cheese we used Stilton
- Handful rocket, plus extra to serve
- 1 Preheat oven to 200°C (180°C fan) mark 6. Unroll the pastry on to a baking sheet and score a border 2.5cm (1in) in from the edge with a knife (taking care not to cut right through the pastry). Prick the pastry well with a fork inside the border. 2 Spread the pesto in an even layer inside the border, then scatter over the figs. Crumble over the blue cheese. Bake for 20min or until the pastry is risen and golden.
- **3** Scatter over the rocket and serve in quarters with extra rocket, if you like.

PER SERVING 526cals, 14g protein, 40g fat (15g saturates), 27g carbs (4g total sugars), 2g fibre





Wednesday, 2 September Summer Chicken Stew

A bright and light stew. Great on its own, or serve it with fresh crusty bread.

Hands-on time **15min**. Cooking time **about 15min**. Serves **4**

- 4 skinless chicken breasts
- 3 x 400g tins cannellini beans, drained and rinsed
- ♦ 750ml (1¼ pint) chicken stock
- Finely grated zest of 1 lemon
- 25g pack fresh parsley, roughly chopped (including stalks)

YOU WILL ALSO NEED

♦ Extra virgin olive oil

1 Slice the chicken into finger-size strips. Heat 2tbsp olive oil in a large pan and fry the chicken for a couple of minutes to start it cooking. 2 Add the beans, stock and some seasoning. Bring to the boil, then simmer for 10min or until the chicken is cooked through. **3** Stir in the lemon zest and parsley. Check the seasoning. Ladle into bowls and serve, drizzled with extra oil.

PER SERVING

328cals, 45g protein, 7g fat (1g saturates), 16g carbs (2g total sugars), 8g fibre

Thursday, 3 September Minty Lamb Burger

A classic combination and so easy to make.

Hands-on time **25min**. Cooking time **about 20min**. Serves **4**

- 5 khobez wraps, flour tortillas or burger buns
- 2 red onions
- 500g (1lb 2oz) lamb mince
- ♦ 3tbsp mint jelly
- 100g (3½fl oz) Greek-style yogurt

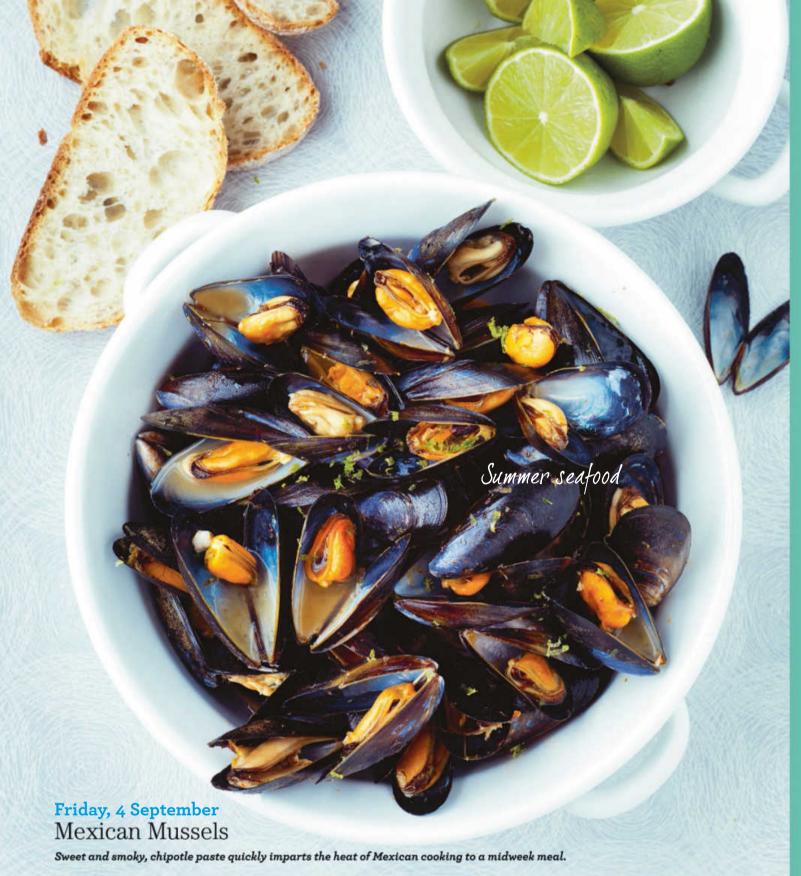
YOU WILL ALSO NEED

Olive oil

1 Preheat oven to 200°C (180°C fan) mark 6. In a food processor, whiz one of the wraps, tortillas or buns to make fine breadcrumbs – you need 50g (20z). Empty into a large bowl and set aside.
2 Finely chop half of one onion and add to the breadcrumb bowl. Finely slice remaining 1½ onions and set aside.
3 To the breadcrumb mixture

add the lamb, 2tbsp of the mint jelly and plenty of seasoning. Mix well and shape into four even patties. 4 Heat 1tsp oil in a large frying pan and brown burgers on both sides. Arrange on a baking try (reserve empty pan) and cook in the oven for 10min or until cooked through. 5 Meanwhile, gently fry the sliced onions in the empty frying pan, stirring frequently, until tender (add a little water to the pan if the onions are catching). Season. 6 Just before serving, mix the remaining 1tbsp mint jelly, the yogurt and some seasoning in a small bowl. Serve the burgers in the remaining wraps/buns, topped with the fried onions and minty yogurt. PER SERVING 453cals, 30g protein, 20g fat (9g saturates), 38g carbs (8g total sugars), 3g fibre





Hands-on time 10min, plus mussel cleaning. Cooking time about 10min. Serves 4

- 2kg (4½lb) fresh mussels
- ♦ 4tsp chipotle paste
- ♦ 2 x 330ml bottles of Corona or Sol beer
- Zest and juice of 3 limes, plus extra wedges to serve
- Crusty bread, to serve

YOU WILL ALSO NEED

♦ Oi

1 Start by preparing the mussels: wash under cold running water and pull off and discard any stringy beards. Discard any mussels that don't close when tapped.
2 Heat 1tbsp oil and the chipotle paste in a large pan (which has a lid) over medium heat for 1min. Add the beer, bring to the boil then simmer for 4min. Add the

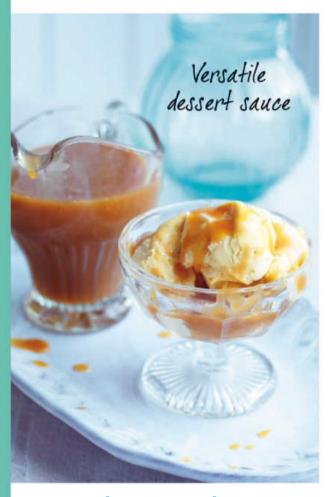
mussels, cover and cook for 4-5min, shaking the pan occasionally, or until the mussels have opened (discard any that remain closed).

3 Stir in the lime zest and juice and check the seasoning. Divide among 4 soup bowls and serve with extra lime wedges and crusty bread to mop up the juices.

PER SERVING 249cals, 23g protein, 6g fat (1g saturates), 5g

carbs (5g total sugars), og fibre

55



Saturday, 5 September Boozy Butterscotch Sauce

Delightful drizzled over ice cream or tropical fruit.

Hands-on time 5min. Cooking time about 5min. Makes about 375ml (13fl oz)

- 50g (20z) unsalted butter
- 150g (50z) light brown soft sugar
- 2tbsp dark rum, optional
- ◆ 200ml (7fl oz) double cream
- Tropical fruit or vanilla ice cream, to serve

1 In a medium pan, heat the butter, sugar and rum, if using. Whisk occasionally until smooth and bubbling.

2 Add the cream and bubble until thickened. Take off heat and serve warm or at room temperature, with ice cream and fruit, if you like.

PER 1TBSP SAUCE 80cals, Og protein, 6g fat (4g saturates), 6g carbs (6g total sugars), og fibre

Sunday, 6 September Tinned Cherry Cobbler

Using tinned pie filling makes this dessert quick and fail-safe. Try experimenting with different flavours of fillings.

Hands-on time 15min. Cooking time about 45min. Serves 6

- ♦ 2 x 410g tins cherry fruit filling - we used Prince's
- 225g (8oz) self-raising flour
- ♦ 125g (4oz) light brown soft sugar, plus extra to sprinkle
- 75g (3oz) unsalted butter, chilled and cubed
- ♦ 100ml (3½fl oz) milk, plus extra to brush

1 Preheat oven to 190°C (170°C fan) mark 5. Tip the cherry fruit filling into a 2 litre (3½ pint) ovenproof dish. 2 In a large bowl, rub together the flour, sugar and butter until the

mixture resembles fine breadcrumbs. Stir in the milk to make a soft, slightly sticky dough. 3 Drop spoonfuls of the dough (or roll into rough balls for a neater appearance) on to the cherry mixture, spacing them apart. Brush the dough with a little milk and sprinkle with extra sugar. 4 Bake for 40-45min or until cobbler balls are cooked through. Serve. PER SERVING 424cals, 5g protein, 11g fat (7g saturates), 75g carbs (44g total sugars), 2g fibre





Tuesday, 8 September Jamaican Prawn Pepper Pot

Jerk spice mix, available in larger supermarkets, is a combination of Caribbean spices.

Hands-on time 5min. Cooking time about 10min. Serves 4

- 3 mixed peppers, deseeded and chopped
- 1tbsp jerk spice mix
- ♦ 2 x 235g packs frozen raw prawns, defrosted (excess liquid drained)
- Zest and juice of 1 lemon
- ♦ 100ml (3½fl oz) chicken stock

YOU WILL ALSO NEED

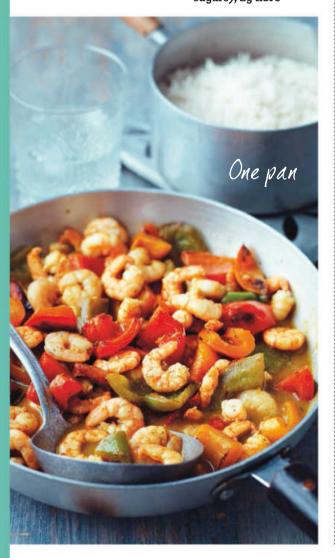
Olive oil

1 Heat 1tbsp oil in a large frying pan over a high heat and fry the peppers for 5min until softened and slightly charred.

2 Stir in the jerk spice mix and cook for 1min, then add the prawns, lemon zest and juice, and stock. Cook until all the prawns are pink. Check the seasoning and serve with rice, if you like.

PER SERVING

162cals, 24g protein, 4g fat (1g saturates), 7g carbs (7g total sugars), 2g fibre





Wednesday, 9 September Pasta con le Sarde

Transform storecupboard favourites into a traditional Sicilian meal.

Hands-on time 10min. Cooking time about 10min. Serves 4

- ♦ 500g (1lb 2oz) spaghetti
- ♦ 1 large bulb fennel
- ♦ 2 x 120g tins sardines, in oil
- ♦ 100g (3½oz) pinenuts
- ♦ 150g (50z) mixed vine fruit or raisins

1 In a large pan of salted boiling water, cook the pasta according to packet instructions.

2 Meanwhile, slice the delicate fronds off the fennel and set aside to use as garnish. For the sauce, finely chop the remaining fennel bulb. Drain the oil from one tin of sardines into a large frying

pan. Add the chopped fennel and fry for 5min until just beginning to soften. Add most of the pinenuts and fry for 30secs.

3 Add the sardines from the drained tin, the mixed vine fruit or raisins and 300ml (1/2 pint) water - stirring to break up the sardines. Season and simmer for 5min.

4 Drain the pasta, return to its empty pan and stir in the sauce. Check the seasoning and divide among four bowls. Top each portion with some of the oil and flaked sardines from the remaining tin, the reserved fennel fronds and pinenuts. PER SERVING 843cals, 35g

protein, 25g fat (1g saturates), 115g carbs (30g total sugars), 8g fibre

Thursday, 10 September Piri-Piri Spatchcock Chicken

Removing the backbone and then flattening the chicken shortens the cooking time by half.

Hands-on time 15min. Cooking time about 50min. Serves 4

- Small whole chicken, about 1.2kg (2lb 10½oz)
- 5tsp piri-piri seasoning
- Zest and juice of 1 lemon
- ♦ 700g (1½lb) sweet potatoes (skin on)
- 400g (14oz) cherry tomatoes on the vine

YOU WILL ALSO NEED

Olive oil

1 Preheat oven to 200°C (180°C fan) mark 6. Line a large, shallow roasting tin with foil. Put chicken breast-side down on a board. Use kitchen scissors to cut along each side of the backbone and discard. Turn chicken over and press down on the breast to flatten it. Rub 4tsp of the piri-piri, 1tsp of oil, and the lemon zest and juice all over the

chicken. Put breast-side up in the prepared tin. 2 Slice potatoes into wedges about 2cm (¾in) thick. Scatter into a separate roasting tray. Toss through remaining piri-piri and 2tsp oil. 3 Roast chicken and wedges for 30min. Remove chicken tin from the oven. Add cherry tomatoes, then drizzle with 1tsp oil and season. Return tin to the oven and roast for a further 10min until chicken is cooked and tomatoes have just burst. Remove chicken and tomatoes to a board and leave to rest for 10min. Continue cooking wedges for 10min, or until tender. 4 Joint the chicken and serve with the wedges, tomatoes and a green salad, if you like. PER SERVING

817cals, 60g protein, 45g fat (12g saturates), 39g carbs (13g total sugars), 7g fibre





Friday, 11 September

Cheesy Smoked Haddock Tart

A take on the famous Omelette Arnold Bennett, ideal served with a crisp green salad.

Hands-on time 25min, plus chilling. Cooking time about 1hr 5min. Serves 6

- 320g ready-rolled shortcrust pastry sheet
- 400g (14oz) un-dyed smoked haddock, skinless
- 75g (3oz) Emmental cheese, grated
- ♦ 300ml (½ pint) double cream
- 2 medium eggs

1 Roll out pastry a bit more until large enough to line a deep, 20.5cm (8in) fluted tart tin. Line tin, trim pastry edges and chill for 10min. 2 Preheat oven to 190°C (170°C fan) mark 5. Line the pastry with a large square of greaseproof paper and fill with baking beans. Bake for 15min or until the pastry sides are set. 3 Meanwhile, put the haddock into a pan, just cover with cold water and bring to the boil. Turn off the heat

and allow to sit for 5min or until the fish is cooked and flakes when pressed. Drain into a sieve and leave to cool for 10min.

4 Remove paper and baking beans from pastry and return tin to the oven for a further 10min or until the pastry is cooked and feels sandy. Remove tin from oven and turn temperature down to 150°C (130°C fan) mark 2. 5 Into a medium bowl, flake the fish in large pieces. Carefully mix in the cheese. In a large jug, whisk the cream, eggs and some seasoning until combined.

6 Scatter fish mixture into the cooked pastry case (still in tin). Carefully pour in cream mixture to fill the case. Crack over some black pepper. Return to the oven for 40min or until lightly golden and set. Serve in slices.

PER SERVING 607cals, 22g protein, 48g fat (25g saturates), 21g carbs (2g total sugars), 1g fibre



Saturday, 12 September Raspberry and Vanilla Mousse

Make to the end of step 4 a day ahead... Pudding sorted!

Hands-on time 20min, plus cooling and chilling. Cooking time about 10min. Serves 6

- 150g (5oz) white chocolate, chopped, plus extra to serve
- 600ml (1 pint) double cream
- ♦ 2 gelatine leaves we used Costa Fine-Leaf Quick Dissolving Gelatine
- 200g (7oz) raspberries, plus extra to serve
- ♦ 50g (2oz) caster sugar
- 1 In a small pan, gently melt the chocolate with 100ml (3½fl oz) of the cream. Set the mixture aside to cool to room temperature about 20min. Soak the gelatine leaves in cold water for 5min.
- 2 Next, in a clean pan, simmer the raspberries with the caster sugar and 50ml (2fl oz) water until pulpy. Push mixture through a fine sieve into a

bowl (discard seeds). Lift gelatine out of water (squeeze out excess) and add to the hot raspberry purée; stir to dissolve. Set aside to cool to room temperature – about 15min.

3 In a large bowl, whip the remaining 500ml (17fl oz) cream until it holds its shape. Spoon half the cream into the raspberry bowl and fold through. Fold the cooled white chocolate mixture into the cream bowl. Chill both for 30min to thicken to the same consistency (the raspberry mixture may need an additional 10min chilling).

- **4** Layer into 4 glasses and chill to set about 2hrs.
- **5** To serve, grate a little white chocolate over each glass and decorate with raspberries.

PER SERVING 677cals, 5g protein, 62g fat (38g saturates), 25g carbs (25g total sugars), 1g fibre





Sunday, 13 September Easy Apple Strudel

Keep spare filo sheets under a damp tea towel while you're working to stop them drying out and cracking.

Hands-on time 25min, plus resting. Cooking time about 35min. Serves 6

- 5 Granny Smith apples
- ♦ 100g (3½oz) light brown soft sugar
- 2tsp ground cinnamon
- ♦ 6 sheets filo pastry we used Jus-Rol
- 100g (3½oz) unsalted butter, melted

1 Preheat oven to 190°C (170°C fan) mark 5 and put in a large baking tray to preheat. Peel, core and cut the apples into 2cm (¾in) pieces. In a medium bowl, combine the sugar and cinnamon. Set aside about 1tbsp of the sugar mixture and mix the rest with the apples.

2 Lay one sheet of filo on a large piece of baking parchment and brush with some of the melted butter, then sprinkle over a little of the reserved sugar mixture. Lay on another sheet of filo and continue the buttering/ sprinkling process until all the filo is stacked (reserve remaining butter and sugar mixture).

3 Spoon the apple mixture on to the filo in a central line (lengthways), leaving a 2.5cm (1in) pastry border at both ends. Fold the short sides on to the apples, then fold one of the long sides over the filling and continue to roll up (with the help of the parchment).
4 Brush with remaining butter and sprinkle over remaining sugar mixture. Transfer strudel (still on parchment, seam-side down) on to the preheated baking tray. Bake for 30-35min until golden and crisp.

5 Remove tray from oven and allow strudel to rest for 10min before transferring to a serving plate. Drizzle with any tray juices and serve.

PER SERVING 384cals, 5g protein, 15g fat (9g saturates), 56g carbs (26g total sugars), 3g fibre

Monday, 14 September Spicy Aubergine Stew

Full of fragrant spices, harissa is reminiscent of Moroccan cuisine.

Hands-on time **10min.** Cooking time **about 25min.** Serves **4**

- 3 aubergines, roughly chopped
- 2tbsp harissa paste, we used Al'Fez
- 800g (1lb 12oz) ripe tomatoes, roughly chopped
- 225g (8oz) dried quinoa
- Large bunch parsley, roughly chopped

YOU WILL ALSO NEED

Olive oil

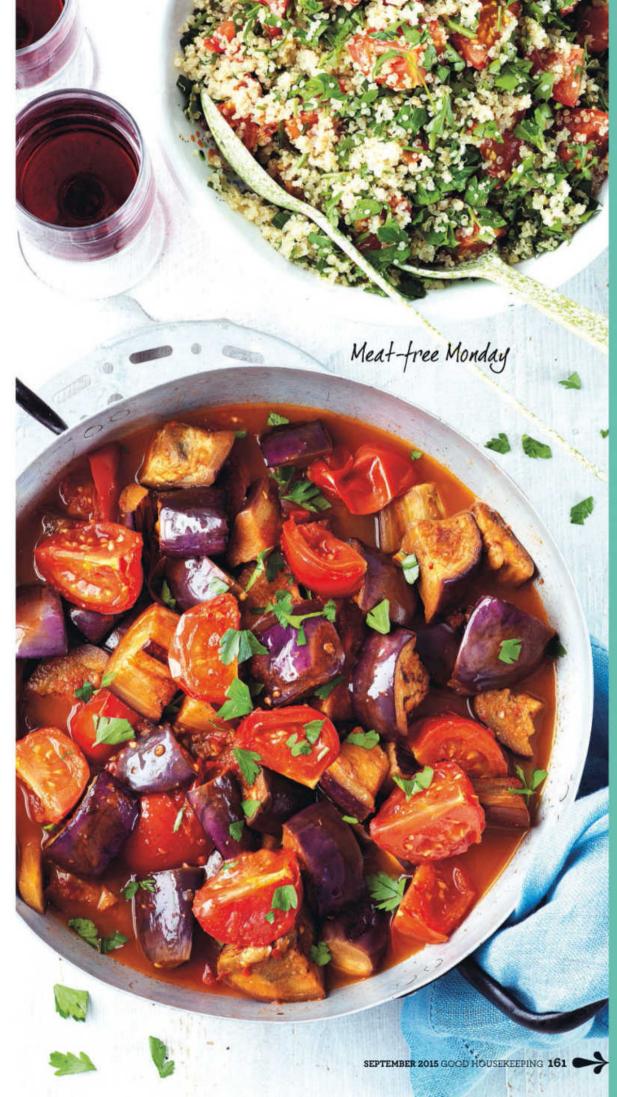
1 Heat 2tbsp of oil in a large pan over a high heat. Add aubergines and ½tsp salt, stir, then cook for 3min until just beginning to soften. Add another 1tbsp of oil and fry for a further 3min, stirring occasionally, until lightly golden all over.
2 Stir in the harissa and cook for 2min.

3 Add 600g (1lb 50z) of the tomatoes and 5tbsp water. Reduce heat and simmer for 15min until veg are tender.

4 In a medium pan, cover the quinoa with 1 litre (1% pint) cold water. Bring to the boil, cover and simmer for 15min until cooked. Drain. Season well, stir through 1tbsp oil, remaining tomatoes and most of the parsley. Sprinkle remaining parsley over stew to serve.

PER SERVING

333cals, 10g protein, 15g fat (2g saturates), 37g carbs (11g total sugars), 5g fibre



Tuesday, 15 September Coconut Lamb Curry

We've used lamb neck fillet, a cheap but flavourful cut that benefits from longer cooking, plus coconut yogurt to add texture as well as flavour.

Hands-on time **15min**. Cooking time about 1hr 10min. Serves 4

- ♦ 500g (1lb 2oz) lamb neck fillet, cut into 2.5cm (1in) cubes
- 2tbsp mild curry paste
- 400g (14oz) sweet potato, peeled and cut into bite-size pieces
- ◆ 200g (7oz) coconut yogurt – we used Rachel's Organic Greek Style
- 100g bag baby leaf spinach

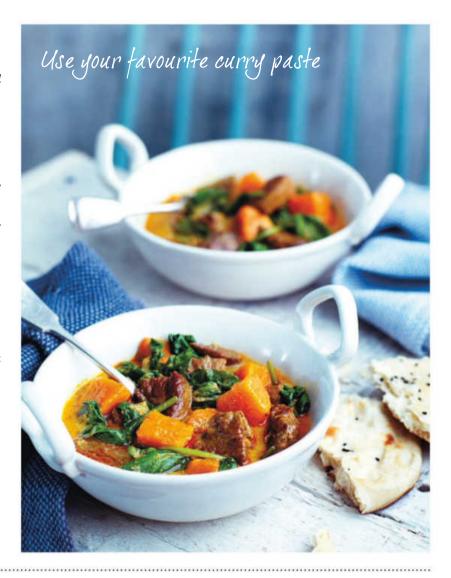
YOU WILL ALSO NEED

Olive oil

1 In a large pan, brown the lamb in batches in up to 2tbsp olive oil. 2 Return all the lamb (and any liquid) to the pan and stir in the curry paste. Cook for 1min, then add 500ml (17fl oz) water (this should be enough to cover the lamb, but if not, add more). Bring up to the boil, then turn down the heat. Cover and simmer for 30min. 3 Remove the lid, add sweet potato and some seasoning. Continue simmering, stirring occasionally, for 30min or until the lamb and potatoes are tender. 4 Stir through the yogurt and spinach (you may get a slight split texture because of the yogurt). Check the seasoning and serve with rice or naan breads.

PER SERVING

505cals, 28g protein, 33g fat (13g saturates), 24g carbs (8g total sugars), 4g fibre





Wednesday, 16 September Mini Roast Chicken

Dried stuffing is packed with herbs, meaning you get all the flavour without having to use a lot of ingredients.

Hands-on time 15min. Cooking time 55min. Serves 4

- 750g (1lb 10½oz) new potatoes,
- 500g (1lb 2oz) baby carrots
- 130g pack dried stuffing we used sage and onion flavour
- ♦ 500ml (17fl oz) chicken stock
- 2 x 475g packs chicken drumsticks and thighs

YOU WILL ALSO NEED

Olive oil

1 Preheat oven to 200°C (180°C fan) mark 6. In a large roasting tin, toss the potatoes and carrots in 1tbsp olive oil. Season and roast for 15min.

2 Meanwhile, in a medium bowl, make

up the stuffing according to pack instructions. Divide into nine portions. Roll eight of the portions into balls and set aside. Leave the remaining portion in the bowl. Add the stock to the bowl and carefully pulse until smooth with a handheld blender.

3 Carefully remove the roasting tin from the oven. Reduce oven temperature to 190°C (170°C fan) mark 5. Arrange chicken pieces and stuffing balls on top of vegetables and pour over stock mixture. Return to oven to roast for 40min until chicken is cooked and vegetables are tender. Serve.

PER SERVING 575cals, 60g protein, 16g fat (4g saturates), 45g carbs (11g total sugars), 7g fibre

Thursday, 17 September Stuffed Pork Tenderloin

With flavours inspired by the classic Cuban grill sandwich, this recipe is as delicious as it is impressive.

Hands-on time **25min**. Cooking time **about 40min**. Serves **4**

- 425g (15oz) pork fillet, in one piece
- 2tbsp Dijon mustard
- 75g (3oz) gherkins, thinly sliced lengthways
- 50g (20z) Gruyère cheese, grated
- ♦ 2 x 500g packs gnocchi

YOU WILL ALSO NEED

- Thick cotton string
- Olive oil

1 Preheat oven to 220°C (200°C fan) mark 7. Start by butterflying the pork: position the fillet in front of you. Holding a knife parallel to the board, make a horizontal cut along the length of the fillet about 1cm (½in) up from board – stop cutting just before you reach the opposite edge of the pork, so the slices remain attached. Open out the fillet, then make further slices to flatten it out as much as possible. Next, use a rolling pin to further bash

the fillet to an even thickness.

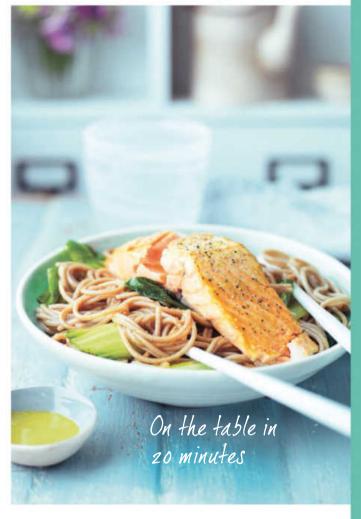
2 Spread the mustard over the top of the pork, then lay over a single layer of gherkin slices. Scatter over the cheese and some seasoning. Starting from one of the long edges, roll up the pork and secure in place with sections of string.

3 Heat 1tbsp of olive oil in a large frying pan over a high heat. Brown the pork on all sides, then lift on to a baking tray, positioning seam-side up (reserve empty pan). Continue cooking in the oven for 25min or until cooked through.

- **4** When ready, lift the pork on to a board, cover with foil and leave to rest for 10min.
- **5** Meanwhile, heat 2tbsp olive oil in the empty pan over medium heat. Fry the gnocchi for 5-10min, tossing occasionally, until golden and piping hot.
- **6** Serve pork slices (removing string as you go) with the crispy qnocchi.

PER SERVING 858cals, 42g protein, 21g fat (6g saturates), 123g carbs (1g total sugars), 3g fibre





Friday, 18 September Wasabi Salmon

If you don't like wasabi, then brush the salmon fillets with Dijon mustard for a more subtle heat.

Hands-on time **20min**. Cooking time **about 10min**. Serves **4**

- 1tsp wasabi powder, we used Clearspring
- ♦ 4 salmon fillets, skin on
- ♦ 250g pack soba noodles
- 300g (11oz) pak choi
- ♦ 4tbsp oyster sauce

1 Preheat grill to medium and bring a large pan of water to the boil. In a small bowl, mix the wasabi powder with 2tsp water to make a thick paste. Arrange the salmon fillets skin-side down on a baking sheet, then brush the wasabi mixture over the fish. Crack over some black pepper, then grill for 5min or until the fish is cooked and flakes when pressed.

- 2 Meanwhile, cook the noodles in the boiling water according to the pack instructions.
- 3 Roughly chop the pak choi and separate the stalky pieces from the leafier ones. Add stalky pieces to the noodles for the final 1min of cooking. Add the chopped leafy parts to the pan for the final few seconds to wilt. Drain well, then return to the pan and toss through the oyster sauce. Check the seasoning.
- 4 Lift the salmon fillets off the baking sheet (the skin should stay behind) and serve with the noodles.

PER SERVING 545cals, 40g protein, 21g fat (3g saturates), 49g carbs (2g total sugars), 4g fibre





Saturday, 19 September Chocolate Fondant Soufflés

These little beauties can be made a day ahead. Chill unbaked soufflés, then bake for 12-14min on a preheated tray.

Hands-on time 15min, plus cooling. Cooking time about 10min. Serves 6

- ♦ 100g (3½oz) unsalted butter, chopped, plus extra to grease
- ♦ 75g (3oz) caster sugar, plus extra to dust
- 225g (8oz) dark chocolate, chopped
- 2½tbsp double cream, plus extra to serve
- 5 large eggs at room temperature, separated

1 Preheat oven to 220°C (200°C fan) mark 7 with a baking tray inside (make sure there's space above the tray for the soufflés to rise). Grease six 135ml $(4\frac{1}{2}fl oz)$ ramekins with butter and dust the insides with caster sugar (tap out excess). Chill the ramekins. 2 Gently heat the butter, chocolate and cream in a medium pan until melted. Remove from

heat and set aside to

cool for 10min. Gently stir in the egg yolks (don't overmix or the chocolate could seize). 3 In a medium bowl, whisk egg white to stiff peaks using a handheld electric whisk. Add sugar in one go and whisk back up to stiff peaks. With a large metal spoon, stir a spoonful of egg whites into the chocolate mixture to loosen, then carefully fold in the remaining whites (being careful not to knock out the air). 4 Divide mixture among the prepared ramekins. Level the tops with a palette knife, then run a knife around the inside of the rim (this ensures a straight rise). 5 Put ramekins on to the preheated tray in the oven and bake for 9-11min or until well risen. Serve immediately with extra cream, if you like. PER SERVING

475cals, 8g protein, 33g fat (19g saturates), 35g carbs (35g total sugars), 1g fibre

Sunday, 20 September Pear Tatin

For best results, use slightly under-ripe pears, as they'll hold their shape during baking and won't release too much liquid.

Hands-on time 20min, plus cooling. Cooking time about 45min. Serves 6

- ♦ 100g (3½0z) caster sugar
- 50g (20z) unsalted butter, at room temperature
- ♦ 4-5 small pears, at room temperature, peeled, cored and halved
- ♦ 320g sheet all-butter puff pastry
- Vanilla ice cream, to serve

YOU WILL ALSO NEED

- 20.5cm (8in) round fixed-base cake tin – a loose-bottom or springform tin will leak
- 1 Preheat oven to 200°C (180°C fan) mark 6. In a large frying pan, sprinkle the sugar in an even layer and gently heat, swirling the pan occasionally to help it melt evenly (it should be a

light caramel colour). Add butter and pears, mix carefully, then bubble for 5-10min until pears are just tender. Remove pan from heat.

2 Unroll pastry and use the base of your cake tin as a template to cut a circle 1cm (½in) bigger than the base. Prick circle all over with a fork and set aside. 3 Arrange pears cut-side-up in the tin (trim halves to fit if necessary), then pour in the caramel. Lay the pastry over the pears, tucking in the edges around the fruit.

4 Bake in the oven for 25-30min until puffed and golden. Leave to cool in tin for 10min to settle. Carefully pour out any excess liquid before inverting on to a plate. Serve with ice cream.

PER SERVING 276cals, 2g protein, 14g fat (8g saturates), 34g carbs (26g total sugars), 3g fibre



Monday, 21 September

Tofu Stir Fry
A fragrant and satisfying
vegetarian supper.

Hands-on time 20min, plus marinating. Cooking time about 20min. Serves 4

- 349g pack extra firm silken-style tofu
- ♦ 3tbsp toasted sesame oil
- ♦ 5tbsp sweet chilli sauce
- 2 x 300g packs stir-fry veg mix
- 300g pack ready-cooked rice noodles

1 Cut tofu into 1.5cm (%in) cubes and put into a bowl. Carefully, without breaking up the tofu too much, mix through 1tbsp each of the sesame oil and sweet chilli sauce. Set aside and leave to marinate for 10min.

2 When ready, heat 1tbsp of the remaining oil in a large wok or deep frying pan over medium-high heat. Lift the tofu out of the bowl (reserve empty bowl) and fry the tofu for 5-10min (carefully turning with a fish slice to avoid it breaking) until deep golden.

Carefully return to the empty bowl.

3 Add a splash of water to the wok/pan and stir-fry the vegetable mix until almost tender (add a little more water as needed). Add rice noodles to heat through, stirring occasionally. Mix through remaining oil and sweet chilli sauce and check the seasoning. 4 Carefully mix in the tofu and serve. PER SERVING 348cals, 13g protein, 14g fat (2g saturates), 41g carbs (11g total sugars), 4g fibre



Tuesday, 22 September Butternut Boulangère Baked Chicken

No need to peel a butternut squash before roasting! Apart from saving time, there is valuable fibre in the skin that softens on cooking.

Hands-on time 15min. Cooking time about 45min. Serves 4

- ♦ 1 butternut squash
- Small bunch of thyme, leaves picked
- ♦ 400ml (14fl oz) hot chicken stock
- 4 skin-on chicken hreasts
- 150g (5oz) soft goat's cheese

YOU WILL ALSO NEED

Olive oil

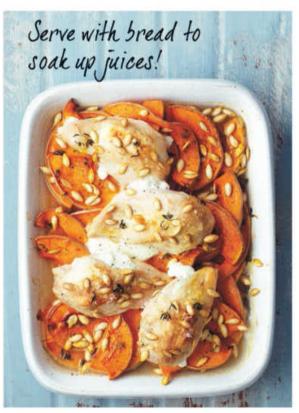
1 Preheat oven to 200°C (180°C) mark 6. Trim ends off squash and slice in half lengthways. Deseed, discarding any stringy bits but reserving seeds. Cut the squash halves into 5mm (¼in) slices. 2 Layer the slices in a large baking dish, scattering in most of

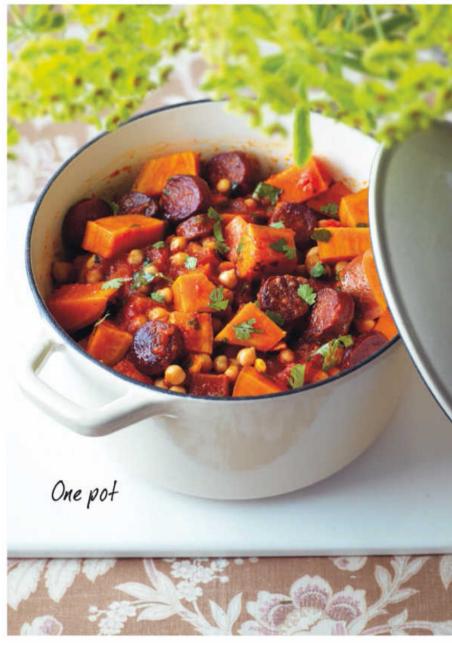
the thyme leaves and plenty of seasoning as you go. Pour in the hot stock and roast for 15min. 3 Meanwhile, rub 1tsp olive oil over the chicken breasts. Make a pocket between the chicken skin and flesh on each breast, then stuff each with a quarter of the goat's cheese.

4 Carefully remove the roasting tin from the oven. Sit the chicken breasts on top of the squash and scatter over remaining thyme leaves and reserved seeds. Roast for a further 30min until the chicken is cooked and butternut squash is tender.

PER SERVING

473cals, 48g protein, 26g fat (11g saturates), 11g carbs (6g total sugars), 3g fibre





Wednesday, 23 September Smoky Chorizo One Pot

Use tinned butterbeans or cannellini beans, if you prefer.

Hands-on time 10min. Cooking time about 30min. Serves 4

- 225g (8oz) chorizo ring, cut into 1cm (½in) rounds
- 400g tin chopped tomatoes with herbs
- 2 sweet potatoes, cut into bite-size chunks
- 400g tin chickpeas, drained and rinsed
- Bunch fresh coriander, chopped

YOU WILL ALSO NEED

Olive oil

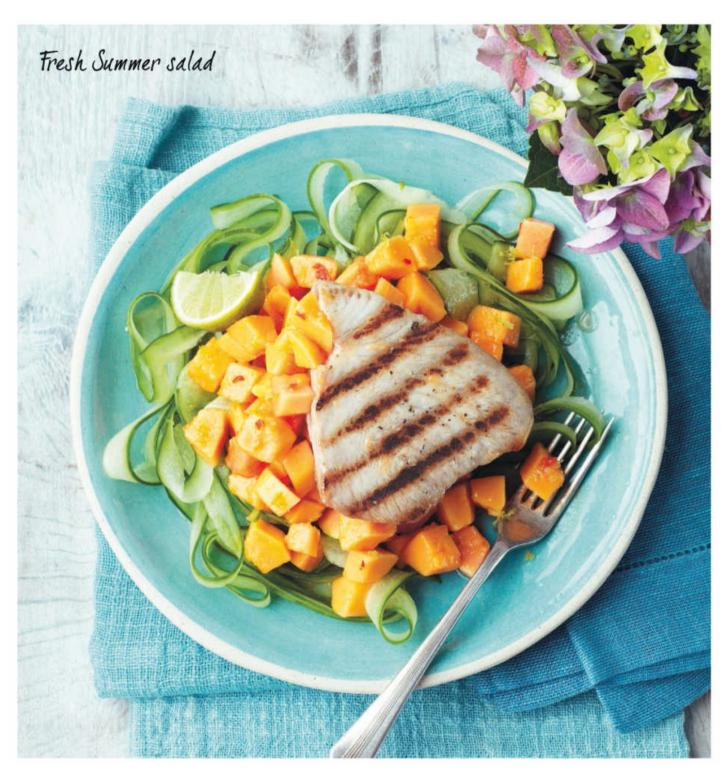
1 Heat 2tsp olive oil in a large pan or flame-proof casserole over medium heat. Add the chorizo and fry for 5-10min, stirring occasionally, until crispy.

2 Add the tomatoes, sweet potatoes and 200ml (7fl oz) water. Cover and simmer for 15min. Add chickpeas and simmer for a further 5min, uncovered, until sweet potato is tender.

3 Check seasoning and stir through coriander. Serve with crusty bread, if you like.

PER SERVING 359cals, 17g protein, 15g fat (6g saturates), 35g carbs (10g total sugars), 8g fibre





Friday, 25 September Tuna Steak and Papaya Salsa

Serve with quinoa if you want to bulk up this healthy, protein-packed salad.

Hands-on time 15min. Cooking time 10min. Serves 4

- 2 cucumbers
- ♦ 4 small papayas, peeled, deseeded and chopped
- 4tbsp sweet chilli sauce
- Zest and juice of 1 lime, plus extra wedges to serve
- 4 tuna steaks

YOU WILL ALSO NEED

Vegetable oil

1 Top and tail the cucumbers, slice in half lengthways and use a teaspoon to scoop out and

discard the seeds. Use a speed peeler to shave the cucumber into ribbons and divide among four plates.

2 In a medium bowl, mix the papaya with the sweet chilli sauce, lime zest and juice and some seasoning. Set aside. 3 Heat a griddle pan over high heat. Rub 2tsp oil over the tuna steaks and season well. Depending on the thickness of your steaks, fry for 2-3min on each side for pink to well done (griddle in batches, if necessary). Transfer steaks to a board to rest for 5min. 4 When ready, spoon the papaya mixture on top of the cucumber and top each plate with a tuna steak. Serve with extra lime wedges. PER SERVING 288cals, 31g protein, 8g fat (2g saturates),

21g carbs (21g total sugars),

7g fibre

Saturday, 26 September Coffee Granita

Use your favourite coffee for this dessert, but make sure it's stronger and sweeter than you usually would drink it as freezing dulls flavours.

Hands-on time 15min, plus cooling and freezing. Serves 6

- 75g (3oz) caster sugar
- 500ml (17fl oz) hot, strong coffee
- ◆ 150ml (5fl oz) double cream
- 25g (1oz) icing sugar
- ♦ Cocoa powder, to dust

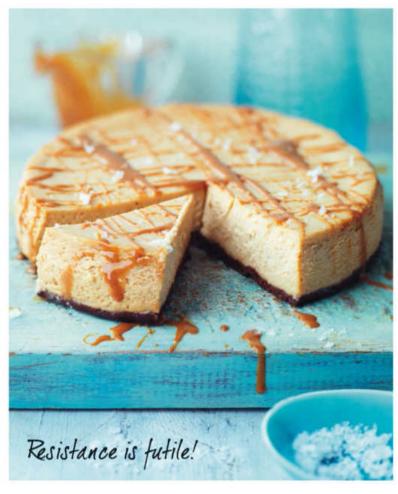
1 Put a roasting tin or shallow 1 litre (1¾ pint) container into the freezer. Dissolve the sugar in the hot coffee, then set it aside to cool to room temperature.
2 Pour the coffee mixture into the chilled tray/container and freeze for 30min. Break up the ice crystals around the edges and mix into the liquid

centre. Repeat this process every 30min (about twice more) until the entire mixture has frozen into large granules. Transfer the granita to an air-tight container and freeze until ready to serve. 3 To serve, whip cream and icing sugar toether to soft peaks. Divide the granita among 6 glasses. Top each with the whipped cream and a dusting of cocoa powder. PER SERVING

191cals, 0g protein, 13g fat (8g saturates), 17g carbs (17g total sugars), 0g fibre FREEZE-AHEAD

Prepare to end of step 2 up to 3 months ahead. Complete recipe to serve.





Sunday, 27 September Salted Caramel Cheesecake

This cheesecake is best made a day ahead. Don't be tempted to open the oven door after the initial cooking time – gentle cooling helps to prevent cracks in the cheesecake.

Hands-on time **25min**, plus cooling and chilling. Cooking time about **45min**. Serves **8**

- 175g (6oz) bourbon biscuits
- → 700g (1½lb) full-fat cream cheese, at room temperature
- ♦ 200g (7oz) caster sugar
- 397g tin Carnation caramel
- 3 medium eggs, beaten

YOU WILL ALSO NEED

- Sunflower oil
- Sea salt flakes, to sprinkle we used Maldon

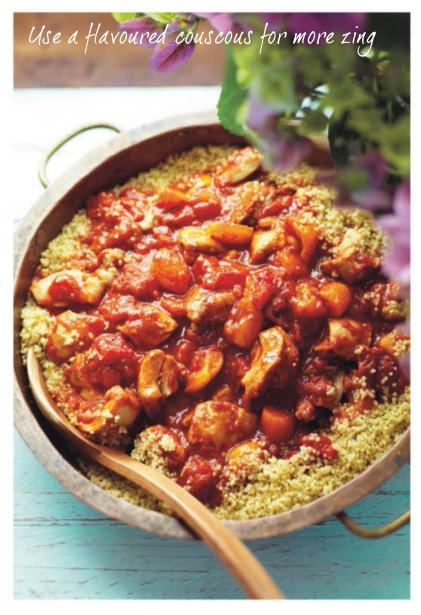
1 Preheat oven to 160°C (140°C fan) mark 3 and put a roasting tin filled with hot water in the bottom of the oven. Grease a 20.5cm (8in) diameter round springform cake tin with oil and line the base and sides with baking parchment.

2 Whiz the biscuits to fine crumbs in a food processor. Add 2tbsp oil and

pulse to combine. Press mixture into base of the tin and chill until needed.

3 In a large bowl, mix together the cream cheese, sugar and 200g (70z) of the caramel until smooth. Add the eggs and mix until just incorporated (try not to add too much air); pour into the cake tin.

4 Put the tin into the oven on the shelf above the roasting tin. Bake for 45min, then turn off the oven (without opening the door) and let the cheesecake cool completely (about 2hrs). Once cool, chill in the fridge (still in tin) for at least 4hr. 5 To serve, carefully remove the cheesecake from the tin and transfer to a board or plate. Mix remaining caramel to loosen, then drizzle over the cheesecake. Sprinkle with a little salt, if you like, and serve in slices. PER SERVING 791cals, 9g protein, 54g fat (31g saturates), 67g carbs (60g total sugars), og fibre



Monday, 28 September Chicken Tagine

If you can't find Ras El Hanout, a typical Moroccan-style spice mix, then use a mix of ground cumin and coriander instead.

Hands-on time 20min. Cooking time about 15min. Serves 4

- 500g (1lb 20z) chicken thigh fillets, cut into bite-size pieces
- 2tsp Ras el Hanout spice mix
- ♦ 2 x 400g tins chopped tomatoes
- ♦ 100g (3½oz) pitted apricots or dates, finely chopped
- ◆ 200g (7oz) couscous we used lemon and garlic flavour

YOU WILL ALSO NEED

Olive oil

1 Heat 1tbsp oil in a large deep frying pan or flame-proof casserole over medium-high heat. Fry the chicken

for a few minutes, stirring occasionally, until lightly golden (it doesn't need to be cooked through yet). 2 Stir in the Ras el Hanout and cook for 1min, then add the tomatoes, apricots/dates and some seasoning. Bring up to the boil, then turn down the heat and simmer for 8-10min or until the chicken is cooked through. 3 Meanwhile, put the couscous into a large heatproof bowl and just cover with boiling water from the kettle. Cover with clingfilm or a lid. Set aside for 5min. 4 Fluff up the couscous with a fork and serve with the tagine.

PER SERVING 430cals, 29g protein, 16g fat (4g saturates), 41g carbs (16g total sugars), 4g fibre

Tuesday, 29 September Pizza Bianca

Ready-made pizza bases make for a quick midweek meal. Add some pancetta slices to the pizza before cooking, if you like.

Hands-on time 10min. Cooking time **about** 20min. Makes 4

- 3 large garlic cloves, 1 crushed and 2 finely sliced
- 250g (9oz) mascarpone
- 🔷 4 pizza bases we used Napolina
- ♦ 2 x 150g balls mozzarella, torn into
- 4 sprigs rosemary, leaves picked, plus extra leaves to garnish

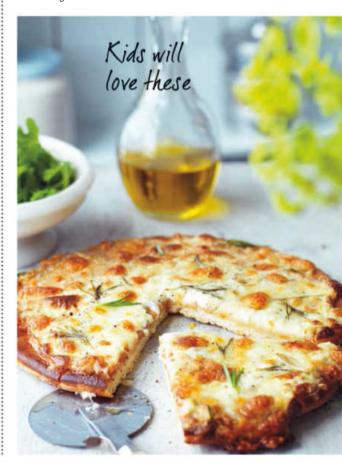
YOU WILL ALSO NEED

Extra virgin olive oil

1 Preheat oven to 220°C (200°C fan) mark 7 with two large rimless baking sheets inside. Add the crushed garlic clove and

plenty of seasoning to the mascarpone tub; stir well. 2 Lay pizza bases on a work surface. Spread a quarter of the mascarpone mixture on to each base, leaving a 2cm (¾in) border around the edge. Scatter over mozzarella, rosemary leaves and garlic slices. Season with freshly ground black pepper. 3 Carefully slide two pizzas on to each pre-heated baking sheet. Cook for 18-20min or until golden and bubbling. Sprinkle over extra rosemary and drizzle with oil. Serve with a green salad, if you like. PER SERVING

910cals, 29g protein, 49g fat (33g saturates), 88g carbs (5g total sugars), 0.3g fibre



Wednesday, 30 September Speedy Chilli Soup

If you can't find kidney beans in chilli sauce or tomatoes with added chilli, add heat with 1-2 deseeded and finely chopped chillies.

Hands-on time **10min.** Cooking time **about 25min.** Serves **4**

- 500g pack beef mince – we used 5% fat
- 2 x 400g tins chopped tomatoes with chilli (or look for 2 x 390g cartons)
- 400g tin kidney beans in chilli sauce
- 4tbsp sour cream
- Nachos, to serve

YOU WILL ALSO NEED

◆ Oil

1 Heat 1tbsp oil in a large pan over mediumhigh heat and fry the beef until browned. 2 Add the tomatoes, plenty of seasoning and 200ml (7fl oz) water. Bring to the boil, then turn down heat and simmer for 15min to tenderise the beef. 3 Stir through the contents of the kidney bean tin (don't drain), heat through and check the seasoning. 4 Serve in bowls topped

with a dollop of sour cream and nachos on the side.

PER SERVING

383cals, 34g protein, 18g fat (8g saturates), 17g carbs (8g total sugars), 7g fibre □



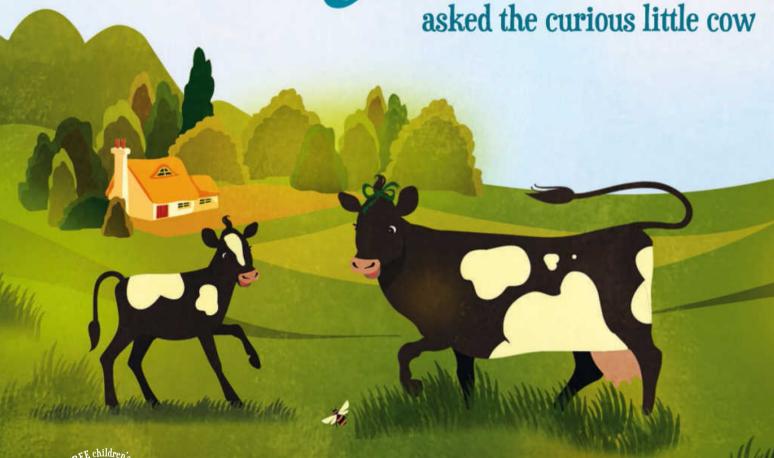


WHY WE'RE TRIED & TESTED

You can always rely on Good Housekeeping recipes to work first time. One of our

Cookery Team develops each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the food is also tasted by lots of other key magazine staff). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe – our guarantee to you that they'll work! Remember always to use calibrated measuring spoons and accurate scales for ultimate success.

"Why don't all cows all cows eat grass?"





Kerrygold works with small co-operative farms where cows are free to graze on lush green grass, giving Kerrygold butter its deliciously unique taste.





THE LOWDOWN

Chocolate chip cookies

Crisp edges, chewy middle, packed with chocolate chunks... Here are the best to bake or buy



17p° per cookie

MAKEIT

CHOCOLATE CHIP COOKIES

Takes about 45min, plus resting and cooling. Makes 12 large cookies

Melt 150g (50z) unsalted butter and leave to cool. In a large bowl, with an electric whisk, beat cooled butter with 150g (50z) light brown soft sugar and 150g (50z) granulated sugar until combined. Add 1 large egg, 250g (90z) plain flour, 1tsp baking powder and 1/2tsp bicarbonate of soda, and beat until mix forms large clumps. Add 150g (50z) dark chocolate chunks or chips and bring dough together with your hands. If you have time, wrap dough in clingfilm and rest at room temperature for 2hr to improve flavour and texture. Preheat oven to 180°C (160°C fan) mark 4. Shape dough into 12 balls and put four, spaced well apart, on a baking sheet lined with baking parchment. You may need to bake in batches. Squash balls slightly, then bake for 12-14min until lightly golden around the edges. Remove from the oven, leave to cool on the baking sheet for 5min, then transfer to a wire rack to cool. PER COOKIE 338cals, 4g protein, 15g fat (9g saturates), 48g carbs (32g total sugars), 1g fibre

More for your milk: our bake-at-home cookies keep for up to three days in an airtight container - if there are any left!



Cheat it!

We loved Mo's Cookie Dough, which comes ready to slice and bake. Made with butter and Belgian chocolate, they taste as good as home-made. £3 for 300g, Waitrose and Ocado.

Why not...

Try using white or milk chocolate in our cookie recipe, or experiment with chopped nuts and dried fruit.

BUY IT

With so many to choose from, the perfect shop-bought cookie can be hard to find among the 'too crunchy', 'too small', 'too sweet' offerings we Tried & Tested. Lidl Double Chocolate Chip Cookies (35p each), came out top - they were baked to perfection and looked homemade. Soft in the middle and crisp around the edges, they had an appealing hazelnut-chocolate flavour. A close runner-up was Sainsbury's Taste The Difference Milk Chocolate Chunk Cookies (£1.50 for 4), which had a chewy texture, large milk chocolate chunks, and a good balance of flavour that wasn't too sweet.

SUPER KITCHEN STAPLES

Brewer's Paste

A moreish yeast extract made with seven-malt Porter Ale from the Greenwich Meantime Brewerv. Especially tasty with cheese on toast, or simply add a teaspoon to your stew or gravy for an instant hit of umami. £2 for 125g,



Helen Browning's Organic Hot Dogs

These have the flavour and texture of the beloved frankfurter, but are made with 97% British organic pork. They take 5min to cook, too, so are ideal for a super-speedy supper. £3.75 for 6, available at Ocado and abelandcole.co.uk.



♦ Isle of Wight Tomato Cordials

These surprising cordials from The Tomato Stall impressed our Cookery Team. They're delicious with sparkling water, and we suspect the Tomato & Cucumber variety would make a great addition to a gin and tonic! £3.95 for 250ml, see thetomatostall.co.uk for stockists.



35p

Marks & Spencer.

Women of the Year

Now entering its 61st year, the Women of the Year Lunch and Awards is a glorious, glittering, glamorous event to celebrate the achievements of some of Britain's most amazing women. This October, you could be there, too so make sure you're on the GH guest list...



Changing the world: FGM expert Dr Comfort Momoh with Kate Adie



hen you gather together the country's most brilliant women, remarkable things happen and that's what Women of the Year is all about.

This year has been busier than ever for the Foundation. Women of the Year devotee and former GH columnist Maureen Lipman had the ingenious idea to stage an evening of comedy to raise money. The event in May was a roaring success, and stars like Good Housekeeping's own Sandi Toksvig, Meera Syal, and Jo Brand - plus one of our favourite token men, Stephen Mangan - brought the house down. In June, ITV journalist Julie Etchingham introduced a debate at Newnham College, Cambridge, on the subject of rising female inequality, with

economist Baroness

Alison Wolf, Government permanent secretary Dame Sue Owen, and Fleet Street legend Eve Pollard.

And the highlight of the social calendar, the Women of the Year Lunch and Awards, will be held on Monday, 19 October at the Intercontinental London Park Lane, hosted by new president Sandi Toksvig. The lunch brings together a wide cross-section of women to honour their successes. More than 400 women attend and, for the 13th year, GH is sponsoring one of the awards. We'll also be inviting a reader and her inspiring guest to join us at the lunch.

For your chance to be our guest, fill in the form opposite and tell us why your real-life heroine is a woman of the year - she could be a friend or relative who has selflessly supported others, battled adversity or made a difference to her community.





Setting the standard:

Anna Jones, CEO of

Celebrity chefs

Angela Hartnett and

Thomasina Miers

Hearst Magazines UK





Powerful pair: Baroness Helena Kennedy with GH columnist Sandi Toksvig



TO ENTER

Please fill in this coupon and post it to

Women of the Year Lunch and Awards c/o Jackie Brown, Good Housekeeping, 72 Broadwick Street, London W1F 9EP

Alternatively, email the information to good.housekeeping@hearst.co.uk with Women of the Year in the subject box.

Your nomination must be received by 2 September 2015 to be considered. Include an explanation, in no more than 150 words, of why you think your nominee deserves to be on the guest list, together with any newspaper cuttings or literature to support your nomination. Please also include a photo of your nominee (note: these cannot be returned). Both the nominee and their guest should be available to attend the Lunch in London on Monday, 19 October.

Your name:

Your address:

Postcode:

Daytime phone number:

Email address:

Name of nominee:

Please note that travel expenses to the awards for the nominee and their guest are not included. Standard rules apply; for full terms and conditions, see GH Team Page $\,$







MOYA SARNER. RAPHY: CHARLOTTE MEDLICOTT

The best ANNEWONA IN THE WONA Five days, an overnighter or just one day? However much or little time you have to take a refreshing break, Travel Editor David Wickers has 19 surprising ideas. You'll be amazed what you can do and how far you can travel... Morocco's marvels are within easy reach

If you have FIVE DAYS

Morocco

Divide your time in Morocco between the high octane buzz of Marrakech (at La Maison Arabe) and the laid-back ambience of Essaouira (at Villa Maroc) on the coast, taking advantage of the new Easyjet flights into one and home from the other. Four nights' B&B with The Ultimate Travel Company (theultimatetravelcompany. co.uk) cost from £685pp including transfers and flights.

Scotland

Stay in a Martello tower, castle, chapel, school, pigsty, fort or folly – even a pineapple! The Landmark Trust (landmark trust.org.uk) rescues and restores historic buildings and rents them as holiday homes. Four nights in the Pineapple, an 18th-century summerhouse in Dumfries, Scotland (one of some 200 properties), cost from £224 for up to four people.

Cape Town

With no jetlag and overnight flights both ways, Cape Town is ideal for Winter sun. Great food and wine, too. Original Travel (originaltravel.co.uk) has four nights from £979pp including B&B at MannaBay hotel, transfers and flights.

New England

Each Autumn the deciduous trees of New England put on one of the greatest natural shows on earth, transforming the landscape into a riot of blazing colours, from parchment yellow to flaming gold, blush pink to roaring scarlet, plum purple to deep crimson. Fly into Boston, spend two nights there, then head for the softly quilted and heavily wooded Berkshires for two more. From £1,095pp room only, including flights and car hire, with Bon Voyage (bon-voyage.co.uk).



Aosta Valley

Take to the piste for a weekend, staying in Courmayeur in Italy's Aosta Valley at the three-star but delightful Hotel Lo Scoiattolo, from £525pp for three nights, including flights, transfers and half board, with Ski Solutions (skisolutions.com).

Havana

Order your mojito, tune into the sounds of salsa, ride in a vintage American gas guzzler and soak up the colonial architecture of Havana on a three-night B&B break with Kirker (kirkerholidays.com) from £1,098pp, including private transfers and non-stop flights with Virgin Atlantic.

Venice

Travelling on the Orient Express to Venice is

everything you imagine it would be, and more. It's luxurious, timeless. beautiful, elegant and utterly indulgent. Yes, it's expensive, but I quarantee that no one who experiences it would deny they got value for money. Top off the treat with a couple of nights in Venice, at the Cipriani of course, a five-minute speedboat ride from St Mark's. Three nights, one on the train, two at the Cipriani, cost from £3,015pp including breakfast only at the Cipriani, all meals on the train, transfers and flight home. Details: belmond.com.

Jordan

Jordan's 'Rose Red' city of Petra, lost to the world for 12 centuries and now a UNESCO World Heritage Site, is offered as a three-night package from Cox & Kings (coxandkings.co. uk) from £975pp B&B, including flights to Amman, transfers and two days' entrance to Petra with a local guide on day one.

Sweden

Spend a night in Sweden's Icehotel, the world's 'coolest', complete with ice chandeliers, an ice bar, an ice chapel and blocks of ice to sleep on (in thermal sleeping bags and on reindeer skins!). Two more nights are spent in the snug main hotel. From £1,046pp B&B including flights and transfers with Discover The World (discover-the-world.co.uk).



If you have THREE DAYS

Cornwall

Take the Night Riviera Sleeper to Cornwall (firstgreatwestern.co.uk) and spend your days on the beach, walking the coast path, visiting Poldark country and munching on pasties and seafood. Fares from Paddington to Penzance start at £79. The Caledonian (sleeper.scot) runs similar overnighters from Euston to Edinburgh, Glasgow and beyond.

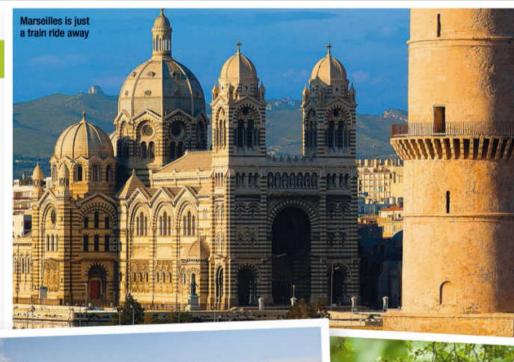
Marseilles

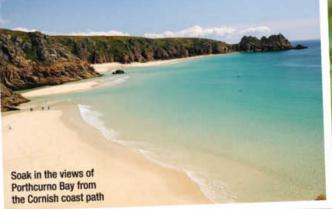
Take a single train from London St Pancras (or Ashford in Kent) to Marseilles, via Lyon and Avignon, in just over six hours. Prices for the new, year-round direct Eurostar service (eurostar.com) start from £99 return. There's lots to do, including museums, great seafood and the interesting Vieux Port.

National Trust

Do something useful on a National Trust (nationaltrust.org.uk) working weekend, helping with a variety of tasks, from coppicing woodland to repairing dry stone walls.

Available throughout the UK, from £85pp for two nights, bed and board provided.





Get close to nature on a National Trust Working weekend

Amsterdam is asily explored on foot, bike or boat

Head to the Arctic

for a chance to see

the Northern Lights

Amsterdam

WO DAYS

Hop over to Amsterdam (iamsterdam.com), a compact city with lots of flights from UK airports and speedy 15-minute train links to the centre from Schiphol airport. The restored and renovated Rijksmuseum, famously home to Dutch masters including Rembrandt's The Night Watch, would be enough to justify a trip.

Arctic Circle

Nip up to the Arctic Circle to see the Northern Lights. Of course, there's always a chance they won't show up but with husky sledding, snowmobiling and a reindeer sleigh ride included in this package, you won't have a wasted journey! From £699pp including flights, full board, activities and vital thermal suits and boots, with Transun (transun.co.uk).

London

Even if you live in a big city,

treat yourself to a night in town, combining a show, dinner and a posh hotel. In London you could, for example, stay at the five-star family-owned (and families welcome) Athenaeum Hotel (athenaeumhotel.com), which has a restaurant and spa but, being right in the heart of London's Mayfair, is perfectly poised so that out-of-towners can get the most from their 48 hours. Doubles from £260 (apartments also available).

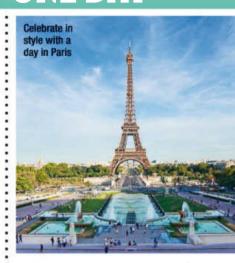
Madrid

See a major art exhibition in another city. My pick would be



Edvard Munch at the Thyssen-Bornemisza in Madrid (museothyssen.org), from 6 October to 17 January. It will include some 80 works, including his famous Scream.

If you have



Charter a private plane and jet over to Paris for the day. Shared with friends, it could be worth it to celebrate a special occasion as it's hugely convenient, leaving from small local airports with check-in procedures just minutes from take-off. A day's round trip from London Fairoaks airport (near Woking in Surrey) to Paris Le Bourget would cost from £372pp based on eight sharing. Details at privatefly.com.

Edinburgh

Treat yourself to a long lunch at a Michelin-starred restaurant. Many offer lunchtime menus that are surprisingly affordable. Here's just one example: at the Martin Wishart restaurant in Leith, Edinburgh (martinwishart.co.uk) you'd pay from £75 to dine in the evening but £28.50 for lunch (served Tuesday to Friday).

Bath

Enjoy stunning city views and beautiful countryside on the six-mile Skyline Walk around Bath (nationaltrust.org.uk/ bath-skyline). Another walk easily accessible by public transport is the London Capital Ring: an 80-mile circuit that you can do in one-day sections averaging five miles apiece.

The Good Housekeeping Institute Approved logo indicates that a product has passed rigorous consumer quality tests devised and carried out by GHI researchers

APPROVED PRODUCTS 2015

- Almat Dual Chamber 2-in-1 Sachets Gel Biological
- Almat Dual Chamber **Bio Sachets**
- Almat Laundry Gel Biological
- Almat Laundry Gel Non-Bio
- Almat Laundry Gel Colour
- Almat Liquid
- Sachets 2 in 1
- Almat Liquid Sachets Bio ■ Almat Liquid Sachets
- Colour
- Almat Liquid Sachets Non-Bio
- Almat Super Concentrated
- Liquid Wash Bio
- Almat Super Concentrated
- Liquid Wash Colour
- Almat Super Concentrated Liquid Wash Non-Bio
- Almat Super Concentrated Liquid Wash 2 in 1
- Almat Washing Powder 2 in 1
- Almat Washing
- Powder Colour ■ Almat Washing
- Powder Non-Bio ■ Almat Washing Tablets
- Colour
- Almat Washing Tablets Non-Bio
- Anco So Soft Concentrated Fabric Conditioner - all variants
- Anco So Soft Naturals Fabric Conditioner all variants

- Bramwells Tomato Ketchup
- Diplomat English Breakfast Tea
- Magnum All in 1 Dishwasher Tabs
- Magnum Premium Washing Up Liquid all variants
- Magnum Washing up Liquid - all variants
- Powerforce Bathroom Cleaner
- Powerforce Bleach
- Powerforce Kitchen Cleaner
- Powerforce Multi-Action Cleaner
- Powerforce Shower Cleaner
- Ultimate Unsmoked British Back Bacon

ASDA

- Asda Sensitive Fabric Conditioner Pure
- Asda Sensitive
- Non-Bio Capsules
- Asda Sensitive Non-Bio Concentrated Liquid
- Asda Sensitive
- Non-Bio Gel ■ Asda Sensitive
- Non-Bio Powder
- Essentials 2 Slice Toaster
- Essentials Pyramid Kettle
- Ultimate Towel range
- Ultra Soft Sheeting range
- **BOSCH**
- Bosch i-Temp iron range:
- TDA7060GB
- TDI9020GB
- TDS3771GB
- TDS4571GB

■ TDA3020GB Power III steam iron

BROTHER

■ Brother Innov-is 55 sewing machine

BWT

- Water Filter CARTE D'OR
- Chocolate Gelateria Inspiration ice-cream
- Strawberry ice-cream
- Vanilla ice-cream

CIRRUS

- BioEars ear plugs
- THE CO-OPERATIVE
- Loved by Us Tomato Ketchup
- Loved by Us Not From Concentrate
- Fresh Orange Juice
- Loved by Us Hot Cross Buns
- Loved by Us Chicken and Bacon Sandwich
- Loved by Us
- Home-style Chips
- Loved by Us Farmhouse White Sliced Loaf
- Loved by Us Farmhouse Wholemeal Sliced Loaf
- Truly Irresistible Margherita Pizza
- Truly Irresistible Cheese
- and Shallot Crisps
- Truly Irresistible
- Salted Crisps

Vinegar Crisps

■ Truly Irresistible Sea Salt and Chardonnay

CROSSE & BLACKWELL

- Best of British: Broccoli & Stilton Soup
- Best of British: Leek & Potato Soup

- Best of British: Pea & Ham Soup
- Best of British: Roast
- Chicken & Vegetable Soup ■ Best of British:
- Winter Vegetable Soup
- Cream of Tomato Soup ■ Roasted Red Pepper &
- Tomato Soup
- **DIP-SAN** ■ Dip-San Toilet Brush

- DR BECKMAN
- Colour & Dirt Collector ■ Service-It Deep Cleaner
- Service-It Washing Machine Cleaner

DITALIT

- Vario Toaster
- ECLOTH ■ Antibacterial Cloth
- Bathroom Pack
- Cleaning Pad
- Deep Clean Mop
- Deep Clean Mop Head ■ General Purpose Cloth:
- 4 General Purpose Cloths
- Glass & Polishing Cloth: 2 Glass &
- Polishing Cloths ■ Granite Pack
- Hob & Oven Pack
- Kitchen Pack
- Shower Pack
- Stainless Steel Cloth Stainless Steel Pack
- Starter Pack
- Stay Fresh Cloth
- Tea towels ■ Window Pack

ECOVER

- All In 1 Dishwasher **Tablets**
- All Purpose Cleaner
- Laundry Gel Bio

- Laundry Gel Non-Bio
- Multi-Action Cleaner
- Non-Bio Concentrated Laundry Detergent
- Non-Bio Washing Powder
- Washing-Up Liquid

ESSILOR

Crizal Forte UV Lenses

GO CHEF

■ 8 in 1 Multi Cooker

GTECH

■ AirRAM vacuum cleaner

ICANDV

Raspberry Pushchair

ICELAND

- 4 Belgian Chocolate
- Majesties ice-cream
- Blue Stilton
- Cheesy Potato Slices
- Luxury British
- Unsmoked Bacon Rashers
- Mashed Potato
- Mushroom Risotto
- 4 Salmon Fillets
- Wood-Fired Ultra Thin Pizza Four Cheeses
- Yellow Fin Sole Lightly Dusted Fillets in Lemon &

Parsley Marinade KINETICO

- Water Softener
- LAVAZZA ■ Fantasia Coffee Machine
- Leisure Cookers: 90cm,

100cm, 110cm

- Floralys Kitchen Towels
- W5 All In One Dishwasher Tablets
- W5 Bathroom Cleaner
- W5 Bleach
 - W5 Kitchen Cleaner













- W5 Washing Up Liquid
- W5 Window & Glass

Cleaner

- Maxi Nappies
- Midi Nappies
- Junior Active Plus Pants
- Junior Big Pants
- Lidl Pull Up Pants

LUMIE

■ Bodyclock range

MARTIN MILLER'S GIN MORRISONS

■ Kitchen Roll

NEATO

■ Neato Botvac 85

NESCAFE

- Nescafé Dolce Gusto Jovia by De'Longhi
- Nescafé Dolce Gusto Oblo by Krups

NUTRIBULLET

■ NutriBullet 600 Series Blender

NUTRI NINJA

- BL450UK blender
- BL480UK blender

OVEN MATE

Oven Cleaner

OVEN PRIDE

Oven Cleaner

PACKMATE

- Travel Storage Bags
- Vacuum Storage Bags
- Vacuum Storage Bags Volume
- Vacuum Storage Tote Bag PANASONIC
- Breadmaker ZB2502
- Washing machine NA-140VZ4
- Washing machine
- NA-168VG4 ■ Ionic Toothbrush
- Staincare Toothbrush EW-DL82

PAROZONE

EW-DE92

- 24hr Germ Kill Toilet Wines
- In-Cistern Bleach

- Strongest & Thickest Bleach
- Supreme Bleach
- Original
- Supreme Bleach

Whitening PERSIL

■ Washing Up Liquid – all variants

PHILIPS

- Philips GC4521 Azur Performer Plus Steam Iron
- Philips GC8616 Perfect Care Aqua Steam Generator Iron
- Philips Lumea Precision Plus

PLENTY

- Dura Cloth household towel
- The Big One household towel
- The Fat One household towel
- The Original One household towel

REST ASSURED

■ Traditional Pocket Bed Collection

SHARK

- Lift Away 5 in 1 Steam
- Lift Away NV340 Vacuum Cleaner
- SEBO E range
- Felix range

TEFAL

- Actifry Express XL
- Actifry Original
- Ingenio Essentials Non-Stick
- Ingenio Induction
- OptiGrill
- Aquaspeed Iron FV5370 and FV5331
- Freemove Iron -FV9965 and FV9970
- Pro Express –
- GV8925 and GV8430

■ Ultimate Anti Calc Steam Iron -

FV9630 and FV9640

- TESCO
- Bushytops Carrots ■ Chilli Seed Snacking Mix
- Dried Williams Pear
- Finest Elfe Salad

Potatoes

- Finest Stir Fry Sauces
- Finest Tomatoes Range
- Finest Wild Mushrooms
- Tri-coloured Potatoes
- 5 in 1 Dishwasher Tablets
- AntiBac Cleaner Spray
- Fabric Conditioner
- Kitchen Foil
- Non Bio Laundry Gel
- Hygro Towel Range
- Apple & Elderflower Pressé

THANE DIRECT

- Thane Direct X5 Mop
- VILEDA
- Windomatic
- VITAMIX
- Professional Series 500
- Professional Series 750
- Total Nutrition Centre

WAITROSE

- Bio Super Concentrated Liquid detergent
- Super Concentrated
- Liquid detergent ■ Non-bio Laundry Cansules
- Non-bio Laundry Detergent
- Laundry Bio Powder
- Laundry Colourcare Gel
- Fabric Conditioner -
- all variants
- Anti-bac Action Cleaner
- Anti-bac Multi Surface Cleaner
- Daily Shower Shine
- Toilet Cleaner
- Washing Up Liquid
- YOUVIEW
- YouView set-top boxes



GOOD **HOUSEKEEPING READER** RECOMMENDED

Look for this logo when you're shopping! It means the product or service has been best-tested by women just like you, at home or in their neighbourhood. They report back to the GHI experts before a final decision is made.



Supermarket shopping

experience

AVON Anew Clinical A-F33+ Pro Line Corrector

Treatment Serum

- **CLARINS** ■ Super Restorative
- Day Cream ■ Super Restorative
- Night Cream ■ Super Restorative

Eye Cream COLGATE

■ Max White One Optic

COMFORT

- Comfort Creations Fabric Polypipe underfloor Conditioner Honeysuckle
- & Sandalwood CUSHELLE
- Toilet Tissue JOSEF SEIBEL
- Footwear **MORRISONS**
- Dishwasher Gel Capsules

- Non-Bio Laundry Capsules
- Non-Bio Laundry Gel ■ Non-Bio Laundry Liquid
- Premium Washing Up
- Liquid ■ Pure Fabric Conditioner

PLENTY

- Dura Cloth household towel
- The Big One household towel ■ The Fat One household
- The Original One

household towel

POLYPIPE

heating

WELEDA ■ Evening Primrose

Day Cream ■ Evening Primrose

Night Cream

■ Evening Primrose Eye & Lip Cream

WICKED THE MUSICAL

★ If you would like to join our research panel, go to hearstpanel.co.uk

For more information, see goodhousekeeping.co.uk







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CONTRIBUTING EDITORS Science Vivienne Parry Travel David Wickers Wine Richard Ehrlich Food Consultant Prue Leith Motoring Ginny Buckley

General, PR and work placement enquiries: goodh.mail@hearst.co.uk

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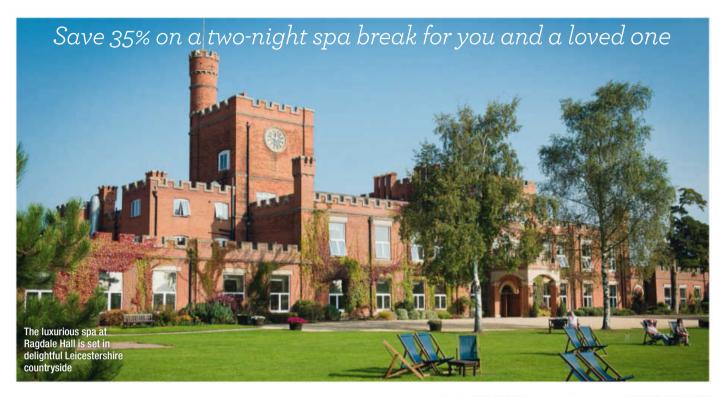
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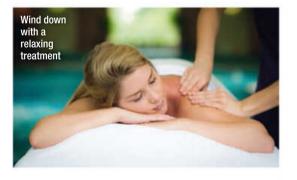
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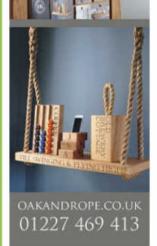
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I can imagine.

What do we want? Time off for bad behaviour!

Until a woman can loaf around like a man, we'll never be equal, says Sandi. Time to circle a date on the calendar and grab a piece of the inaction...

or my most recent birthday,
when I turned a youthful and
energetic 57, my wonderful
partner bought me the best
present: an ultra-modern
cuckoo clock. Housed in a
neat, grey-and-white, 21st-century house, a
small red bird pops in and out on the hour,
cuckoo-ing like mad. It represents the most
cheerful marking of the hour's passing that

Years ago I studied anthropology at university, and I remember a female lecturer referring to the 1970s television series The Ascent Of Man. In it, the presenter, Jacob Bronowski, held up an ancient animal bone with 31 markings on it. 'This,' he intoned, 'was probably man's first attempt at a calendar.' I began to write this down when my lecturer asked, 'Tell me, what man in the world would have needed to mark out a lunar cycle? This is surely woman's first attempt at a calendar.'

All the women I know battle with time. There is so much in life to juggle – work, cooking, cleaning, children, pets, partners, partners who behave like children or pets, cooking and cleaning, etc. When did life get so busy that you can find yourself impatient for the ping of the microwave?

Men have always had a different attitude to time. I always thought it interesting that it was Buddha who sat contemplating the world under a banyan tree and not Mrs Buddha, who had a new baby and needed to stay home. Ernest Hemingway hung out at bull fights, but had an absolute carousel of wives and mistresses looking after him. Philosopher Henry Thoreau drifted away his days by his famous pond but forgot to mention that he still took his dirty laundry home to his mother.

I've decided that, after all these years, I am owed a little time off. I might even consider wasting a little time. I should like to be what the French used to call a flâneur – a person who saunters or loafs about the place. I've never done this before so, in typical female fashion, I am trying to

decide what might be the best way forward.

The first thing I've learnt is that wasting time on your own and wasting it on the internet are two entirely different occupations. Apparently, internet inactivity is not just watching cat videos and playing

that game where you try to jump through Wikipedia from any random subject to Adolph Hitler in less than six moves. No. Time wasting on the web is actually intuitive surfing. A professor at the University of Pennsylvania even taught a 15-week course in it. His aim was to create a state of distraction among his students. A state, I would imagine, most students have no trouble with. By placing

them into a 'digital or electronic twilight,' he hoped his creative writing students would eventually wake up to write something brilliant. So I surfed away as intuitively as possible. I tried celebrity gossip, but I'm no good at it because I never know who anyone is. I found I have even less skill at bowling online than I do in those funny shoes in a bowling alley, and that playing most arcade games makes me strangely anxious. I did spend a bit of time

looking at satellite pictures of my house—I was disturbed to see someone else's car parked outside until I realised the internet isn't necessarily up to date. Finally, I read about professional eating competitions in America and a woman called Molly

Schuyler, who can eat 26 burgers in 10 minutes. I didn't wake up feeling ready to be brilliant, just sick.

I turned the computer off and suddenly noticed how nice and quiet the house can be. For a while I just sat there. 'Time and tide wait for no man,' I said out loud. Then I remembered that the word tide comes from the Danish for time, so really the sentence is a bit repetitive.

That led me to think about King Canute proving the limits of a king's powers by showing he couldn't hold back the tide. I recalled that Canute was the son of a Danish prince called Sweyn Forkbeard, and wondered if modern names aren't a bit dull. I carried on like that until the cuckoo came out of his house and I realised an hour had gone. The family came home to find me sitting on the sofa smiling and doing nothing. Heaven. We had a takeaway.



What man in

the world

would have

needed to

mark out a

lunar cycle?



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